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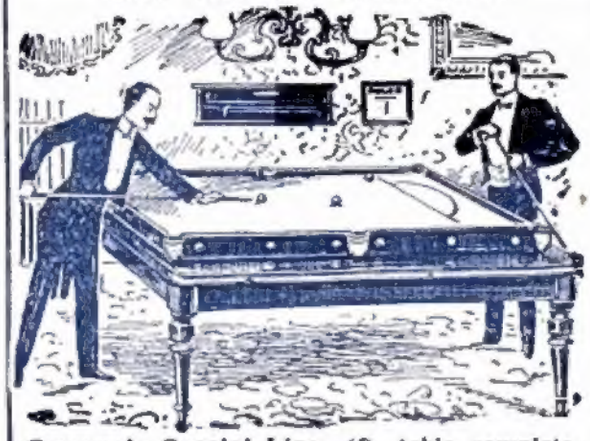

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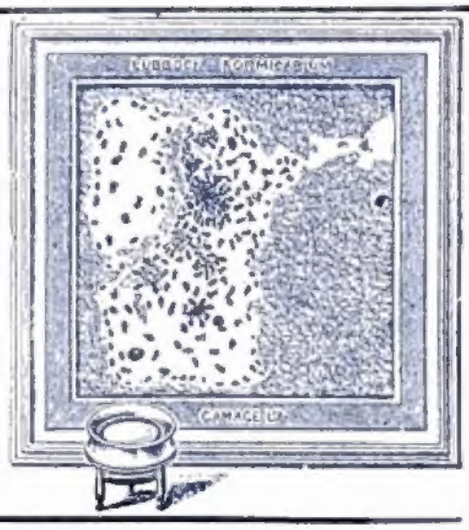

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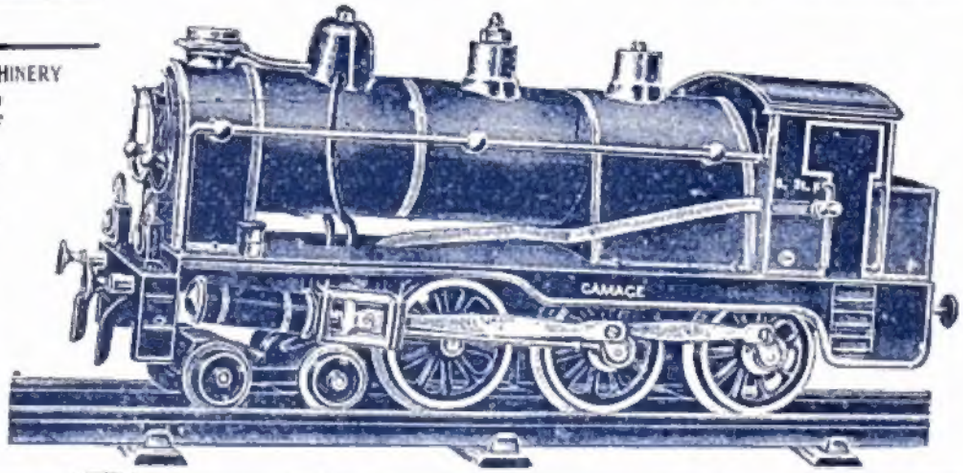

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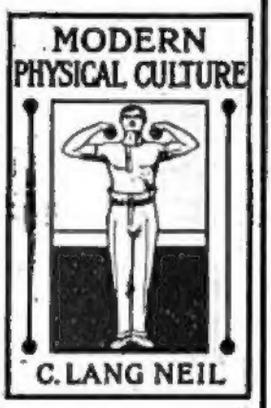

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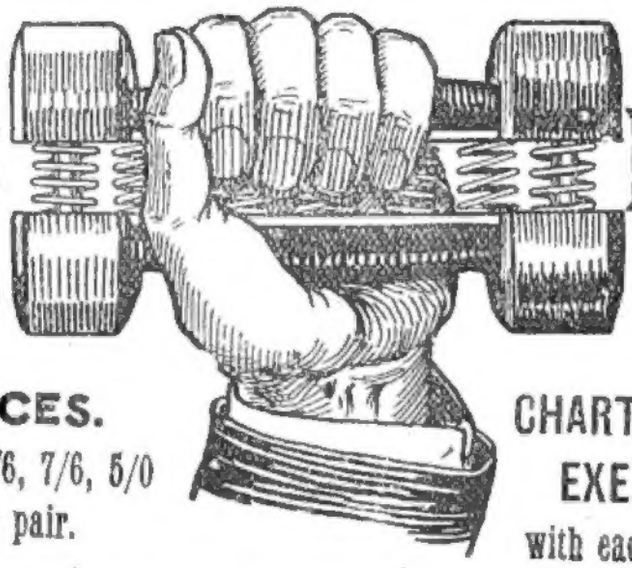

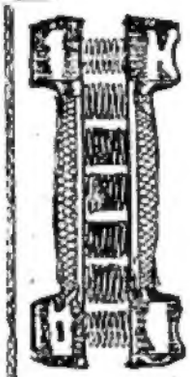

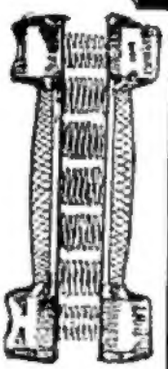

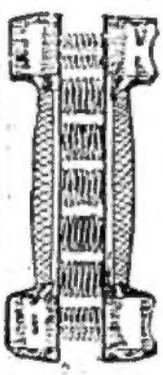

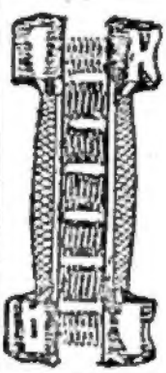

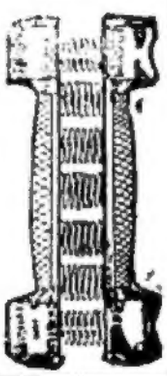

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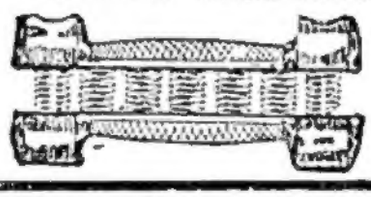

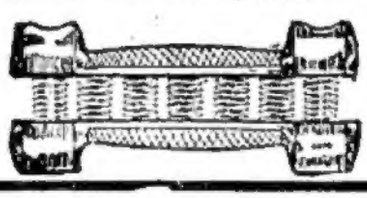

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Contents.

NOTES FROM MY NOTE-BOOK. By THE EDITOR 225

ARTFUL DODGES TO OBTAIN COMPENSATION 227

THE RIGHT HONOURABLE JOHN BURNS, M.P. By J. ST. A. JEWELL ... 230

HOW TO INCREASE YOUR VITALITY. By DR. W. R. C. LATSON 233

THE ABC GUIDE FOR THE BUSINESS MAN—III. By JOHN WARD STEWART 236

AT OLYMPIA. By J. ST. A. JEWELL 238

PHYSICAL CULTURE AFLOAT 242

TREE-CLIMBING FOR PHYSICAL DEVELOPMENT 243

EMBROCATION—MASSAGE IN TRAINING WORK AND CURATIVE TREATMENT. By THE EDITOR. 245

CHARACTER BUILDING. By MARGARET S. ORGAN 247

SANDOW MAGAZINE READERS' CLUB 250

SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION 253

HINTS FROM SANDOW AND ANSWERS TO CORRESPONDENTS 254

OUR READERS' LIBRARY 256

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(Est. 1898). VOL. XVI. No. 8. FEBRUARY 22, 1906.

SANDOW'S MAGAZINE

... OF ...

PHYSICAL CULTURE.

Edited by EUGEN SANDOW.
Assistant Editor, FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

A correspondent who is well known in the athletic world has sent me some incidents of what he calls "the dishonest methods of talking horses," meaning by the latter phrase, track athletes. On one occasion he was present at a Northern A.A.A. meeting where betting was openly carried on with impunity. At the finish of a mile race, two athletes entered the winning straight together. Both were "wrong 'uns," running in false names, starting off different marks, and each, unknown to the other, was well backed by his supporters. When they recognised one another, both were naturally afraid to win, as the other party was sure to "split," so the two had to pull up, to the chagrin of their supporters, and let a local amateur win.

o——o

On another occasion, my correspondent says he attended an Irish meeting, when a runner with a heavy black moustache won the 100 yards' event. One of the judges afterwards interviewed him, and though what was said could not be heard by the spectators, the latter were greatly amused to see the judge suddenly lean forward and whip the moustache from the man's face. Needless to say, it was a false one.

o——o

Most amusing of all, perhaps, was another incident that took place in Ireland. The runners in one heat had "squared" the heat for one man, but there was a little, tubby stranger entered who was a wholly unknown quantity. He was delicately approached, and asked to "lie down." He held on, however, and said he meant to try his best. Then the others decided to stop their man, and back him instead. The amusing part was that the man could scarcely waddle, and he was "allowed" to cross the tape in 15 2-5secs.

o——o

"Is the Southerner less hardy than the Northerner?" is the question that a correspondent asks me. Men in northern

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or higher latitudes are generally of a more robust frame and constitution than their brothers of the South, but although they carry more muscle and are larger framed, it is doubtful if they have any greater endurance than the wiry Southerner. Certainly in the world of physical culture and athletics, the South has always produced as capable men as are to be found in any other part of the country. The subject is an interesting one, and I should like to have the opinions of some of my readers.

o——o

It is certainly a fact, as my correspondent points out, that so far as Association football is concerned, the South, except for occasional flashes, does not seem able to hold its own with the sons of the North. But in cycling, running, weight-lifting, jumping, boxing, the South, I think, has the advantage.

o——o

While on this subject, by the way, is it not strange that nearly all our best high and long jumpers come from the green Emerald Isle. Leahy, O'Connor, Ryan, are all worthy representatives of the Shamrock, and have consistently placed the English championships to their credit. Why should Ireland be so conspicuously successful in this branch of athletics? Is it the air, the "murphies," or what?

o——o

In last week's issue I promised to reproduce some extracts from a correspondent on the demerits of the "living-in" system. My correspondent states that his hours of business (he is in a large drapery establishment) are from 8 a.m. to 8 and 9 p.m., sometimes extending to as late as 11 p.m. And here is the diet on which he had to work during these hours: Breakfast—tea and white bread and butter. Dinner—meat, potatoes, and white bread (allowed half-an-hour to bolt it). Tea—white bread and butter. Supper—bread, cheese, and a half-pint of beer. Any extras, even jam or fruit, the assistant must buy himself.

Twelve to fifteen hours a day on such a diet! And yet people ask if the national physique is deteriorating!

o——o

But, life in a Chinese compound was a life of comparative freedom compared to life in my correspondent's place of employment and residence. "In the morning," he says, "we were wakened by the clanging of a dismal bell, which rang also for dinner and tea. Doors were locked at ten o'clock, and after retiral one of the shopwalkers passed round the beds, flashing a lantern on each as he passed.

o——o

"There were no sitting-rooms. Our meals were obtained underground in a kind of long cellar lit with gas, and ventilated in no way but by the door, the only furniture in it being a long table and chairs.

o——o

"Your bedroom had to do for sitting-room, too. Furniture: a hard bed (about the only healthy thing in the place)—or, rather, two beds (very short, and few clothes)—and a chair, besides your own box, if you had one. Bare floors, no wash-stand, no glass."

o——o

Any man who could go in for physical culture under such circumstances must indeed be an enthusiast, and the sooner this grave defect in our social system is removed by legislation the better.

o——o

Questions such as these should have absolutely no political complexion. The working people—and I use the phrase in its most catholic sense—are, after all, the backbone of the nation, and we don't want a nation with lateral curvature, spinal softening, or any other disease or deformity of the body. Anything, therefore, that tends to the health and strength of the great mass of the people is a problem national and sociological, not political.

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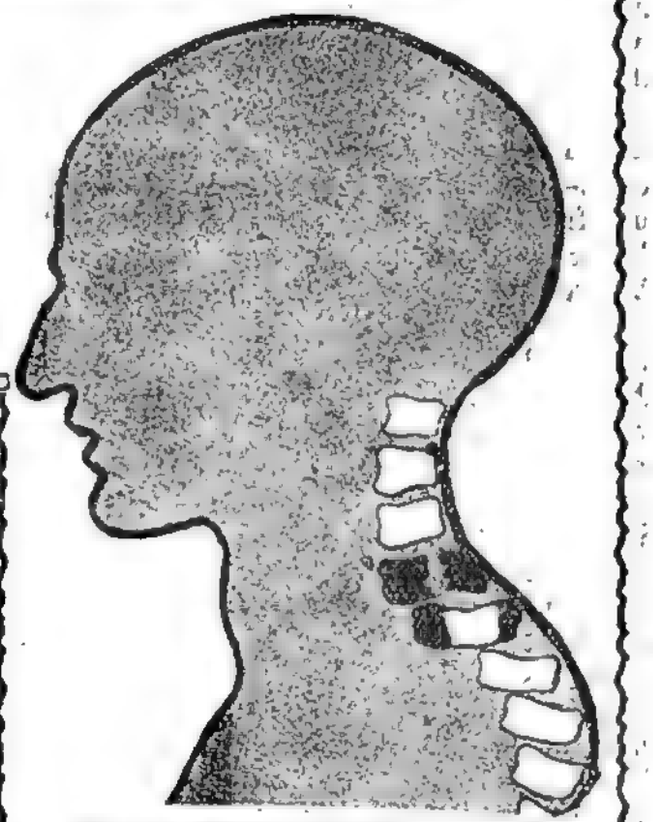
ARTFUL DODGES TO OBTAIN COMPENSATION.

A Broken Neck that Earned a Rich Harvest for the Owner.



The bones that Pape could dislocate at will.

OCCASIONALLY we read of a man living with a broken neck. Here is the remarkable story of a man who lived on a broken neck.

Edward L. Pape, whose photo. now adorns the Rogues' Gallery of the New York Police, had been an acrobat, and his most sensational feat was a dive into six feet of water from a height of 40 feet. One day he got careless, and waved his hand to a girl in the crowd, just as he was about to take the plunge. He didn't start quite right, and, as a result, he struck the side of the neck, and fractured it badly.

For weeks he laid in hospital, with his feet tied to the foot of the bed, and a rope round his neck, tied over a roller to a 25 pound weight. After a number of weeks in this uncomfortable position, not expected to live by the hospital authorities, the bones began to knit together, and at last he was discharged as "cured." The neck, however, never became quite the same again. In fact, Pape found that, by a little jerk, he could either dislocate the neck, or make it have the appearance of being broken.

One day he fell from a Brooklyn street-car, and, after being dragged some considerable distance along, he let go and fell, his head bumping the pavement.

He regained consciousness, to find himself once more in hospital in the same uncomfortable position as before. He naturally thought that he had actually broken his neck, and, according to his own confession, he thought it better to die than to undergo the operation of having his neck set again. So, that night, he pulled the weight from his head, and, what was his surprise to find his neck was really all right, and that the doctor had been deceived by the old break.

The next day the car company's agent called upon him, and almost forced Pape to sign a receipt for £20. The money was soon spent after Pape left hospital, and the idea then came to him of making a living out of his extraordinary neck.

His first victim was the Coney Island and Brooklyn Railway Company. A witness was arranged, and the "accident" took place, while a shady solicitor named Fink agreed to represent Pape. The financial result of this claim was only £15.

Another accident was speedily arranged for, to take place in New York. Here is Pape's own version of that affair:—

"I met Joseph Burns in Union Square, and told him what I was going to do and how I did it. Burns was keen to act as a witness, but he had an appointment with a lady for the evening.

"He picked out a fellow named Mike. Mike liked the idea, but wanted to get hurt, too, so he could make more than five dollars. I told him to wait until after my case was settled.

"We then walked over to Third Avenue and Thirteenth Street, and when this north-bound Third Avenue car was starting from the south side of Thirteenth Street Mike boarded the car. I ran after the car two or three steps after the car had started, and grabbed hold of the hand-rail. I allowed myself to fall into the street, but still hung on to the hand-rail, and was dragged from Fourteenth to Fifteenth Street. Just before the car reached the south crossing of Fifteenth Street I let go the hand-rail, while the car was in motion, and fell into the street. I was picked up by Mike and some passengers, and was carried over to the pavement, where I was laid down, and waited for an ambulance from the Bellevue Hospital to arrive. On the following day the New York Hospital report showed that I had sustained a broken back.

"I remained in the hospital about five days, howling and moaning all the time that my neck hurt me. I made the doctors cut my clothes from me, because it was part of the game to pretend that I was in such bad shape that the removal of my clothes caused unbearable pain.

"That's where I made a mistake. Fink failed to get me the new clothes he had promised, and I had to walk out of the hospital in the chopped fragments of what I had worn in.

"I had it all fixed to settle with the Metropolitan Street Railway for £120, when somebody tipped them off that it was a crooked job, and I didn't dare come around after my money."

Pape, Burns, and another youth, Willmott, then formed a syndicate to exploit the car companies, each to have a "fall" in turn.

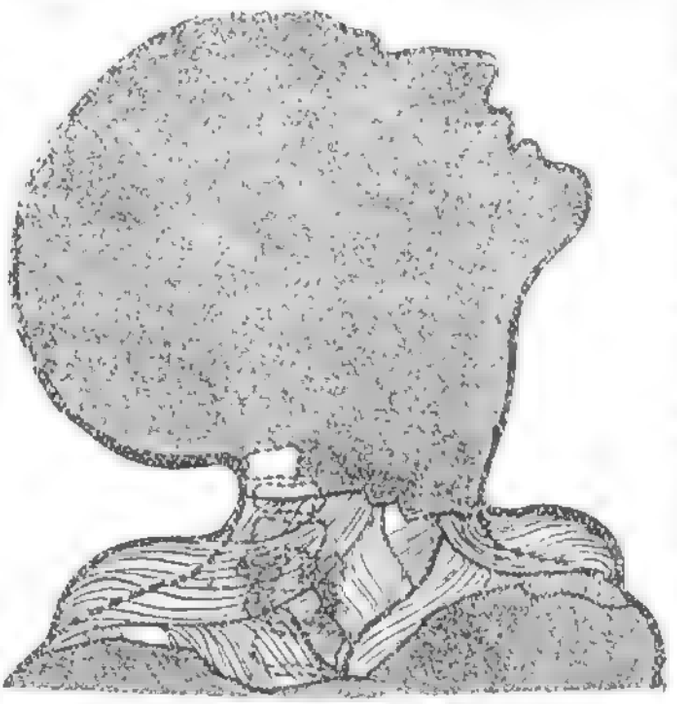
"When we reached Philadelphia," says Pape, "we had to decide who was to do the next tumble. To decide it we went into a cafe, and I ordered two light beers and a dark. It had been agreed that whoever had the dark beer placed in front of him would have to do the tumble.

"Well, Burns got elected, and we started out for business. On the corner of Second and Market Streets I jumped on a car, followed by Willmott and then Burns; and, as Burns was getting on the car, he attempted to fall. He did it too early, and realised his mistake, saying 'I hurt my shin; come on, let's get off.' We spent the rest of the day looking the town over for a better place to pull off the trick, but didn't find any. Next day I had chills and fever.

"So I decided I might as well go to the hospital, anyway, even if it wasn't my turn. We three waited at the post-office corner, until a west-bound car reached the west crossing of Ninth and Market Streets. Jos. Burns and John Willmott then walked over and boarded the car while the car was standing still, and I stood right alongside of the car, and waited until the car started, and when it did I took hold of the hand-rail and made a jump for the footboard. I allowed my foot to slip from the footboard and my body to drop down into the street, and was dragged along by the car in this position for a distance of about ten feet. I then let go and fell into the street. I was picked up by John Willmott and Joseph Burns and other bystanders, and was carried over to the pavement and was laid down, and remained in this position until an ambulance from the Jefferson Hospital arrived, when I was placed in the ambulance and taken to the hospital. John Willmott went to the hospital with me. I gave my name at this hospital as Edward Nelson. I permitted the doctor at this hospital to shave the hair from my head, and to place my neck in a rubber bandage, with weights at the end to hold my neck straight. I remained in this condition with these weights on my neck for a period of three days.

"I closed my claim against the company for £60, and divided the money, and then we started for Buffalo, to do the same act. We changed our names, and took lodgings at No. 180, Franklin Street. Burns made a fizzle again at falling. On the corner of Mohawk and Main Streets he allowed a car to drag him about ten feet, and then let go and walked off without saying anything to the conductor.

"Then Willmott said he would take a try at it. We boarded a car in front of Athletic Park, and after it had gone a block or two, Burns and I jumped off while it was in motion. The car slowed up for us, and when the car started off again, John Willmott grabbed the hand-rail and allowed his body to fall into the street. He was dragged along for about twenty feet; he then let go of the hand-rail and fell into the street. Joseph Burns and I began to halloo to attract the attention of the conductor, and the car went about ten feet after John Willmott fell before it stopped. The conductor came back to take Willmott's name, and I gave the conductor the name of Ed. Forbes. Joseph Burns and myself then picked John Willmott up and carried him over to the pavement, and waited for an ambulance from the Sisters' Hospital, and when the ambulance arrived we put Willmott into the ambulance and took him to the hospital. We put him in a private room.



Using the muscles to bring about the dislocation.

"Willmott played the part in the hospital well, but the company paid no attention to us. The best we could do was to leave the case in he hands of a lawyer, who began a suit or £200.

"We then went to Cleveland and elsewhere, and continued the same methods, with good returns, until the last of August, when the detectives of the Philadelphia Rapid Transit Company arrested us."

In America, the game of living by accidents is carried on to an enormous extent. One rogue of this type, Wm. Doran, was known as "The human rubber ball." He used to allow the front of the car to strike him, then he would just lean his left shoulder against the dashboard and grasp the fender with his right hand. With the momentum thus given him, he would roll with astonishing speed in front of the wheels of the car, until it stopped.

One of the most "nervy" attempts to raise money by means of a premeditated accident was that recently heard of at the Cardiff Assizes. A man named May, it appeared from the evidence given in a claim for compensation against the Taff Vale Railway Company, had lost both his legs below the knee. The man's story was that he had fallen out of one train and that another had cut off both his legs as he lay across the rails.

Witnesses told of the remarkable nerve displayed by the man. Although he must have been enduring terrible agony, he actually bound up his bleeding stumps by means of handkerchiefs. He had belonged to an ambulance corps, and the medical evidence was to the effect that the "first aid" rendered by May himself was efficient in every detail.

The company's defence was startling. May, they alleged, supplied himself with a bundle of insurance coupons taken from various periodicals, trespassed on to the railway, and actually sat upon the metals and waited for the oncoming train.

The judge, in summing up, commented upon the absence of any witness speaking about a jerk; the absence of any bruises upon the plaintiff's body, and the absence of any marks on his clothes. The jury, he said, would have to consider that the plaintiff had been three days out of work, was in debt to his landlady and in debt to the guardians of the Bristol Union, was travelling to borrow money from his brother, yet thought fit to travel in a second-class carriage. The result of this trial was that the jury gave a verdict in favour of the defending company.

THE RIGHT HONOURABLE JOHN BURNS, M.P.

A Character Sketch of the President of the Local Government Board.

BY J. ST. A. JEWELL.

I AM no politician. Indeed, "Party" to me is but a word carrying but little meaning, and creating less interest. I persistently shirk what the political orator is pleased to term "my sacred duties," in that I don't vote when I have the opportunity, or yell "Chinese Slavery" or "Good Old Joe" in a hoarse voice in these times when all roads are supposed to lead to the polls, and the fate of the governors and would-be governors, is more or less uncertain.

Some day, perhaps, when I begin to get inquisitive as to the fate of the money that I pay in taxes, I may creep inside the back doors of some political organisation and learn how to slander "honourable gentlemen" in a way that will carry conviction and influence votes. At the moment, however, I am content to make a study of those many characters who at present are flitting across the political horizon—a study, not of their particular political beliefs, but rather of the flesh and blood MAN lurking behind the POLITICIAN.

A short time ago I went to Lavender Hill to get speech with one—a man whose name has lately been in almost every mouth—John Burns. He lives in a modest, unpretentious house, at No. 108, a house that is flanked on either side by replicas of its kind—the sort of house that one would imagine was occupied by an artisan, whose wife added to the income by taking in a boarder or two.

The exterior was darkened by age and the smoky atmosphere of South London, so that it presented a dirty and unwashed appearance. A climber had spread itself over the walls, however, in a vain endeavour to relieve the monotony of the plaster work, and a few shrubs were in the stilted little front garden. The front door was reached by a few stone steps, and the faint flicker of a light showed dull through the coloured glass of the upper half.

To my knock the door opened, and a moment later I stood face to face with the present President of the Local Government Board.

He is a short, sturdy man, aggressive in manner, clad in a blue lounge suit that had been made for service more than appearance. It is wonderful how little things seem to take a man's attention when interviewing. I say this because I especially noticed, in connection with his clothes, that, although fine cut was absent, yet the quality of the cloth was good, and the stitching showed that considerable care had been expended on the making.

The face was that of a man prematurely aged. There were deep lines about the eyes that had no right to be there, for he is but 47 years of age. They spoke of toil, mental toil, as did also the white in his grizzly beard. His jaw was square, and the angle turns stuck out sideways; they were finger posts pointing to one of the most prominent traits in his character—determination. The eyes were deep set and stern, but they looked at you squarely and almost fiercely—the eyes of a man who was honest, and who was jealous of the reputation. Above them, shaggy brows, that hung down well over, accentuating the aggressive look that marks him. His hair was nearly white, and rather thin, and it lay

across his head in an unkempt way, as if scorning brushes and a tending hand.

I took good stock of him ere we exchanged two words, and let each detail of his appearance sink in slowly. And as I did so the thought struck home that had I not known him for a politician, a champion of the workers, I should have marked him down instantly as a sea captain. Pass him on the deck of a small West India trading barque, and no man who knew ships and sailors would hesitate to point him out among the crew and say, "There's the skipper." The suit he wore was a sailor's suit, the rugged face was a sailor's face, and the aggressive look was that of a seafarer who was used to getting obedience from rough and uncouth men by using rough and uncouth language.

He welcomed me briskly when I told him my errand, and from then on there was a tone of distinct patronage in every word he spoke. It would have cut some men to the quick, but I've been interviewing some time now, and am used to being patronised. It marked a new phase, however, for it swallowed up the sea captain and left the PUBLIC MAN.

He felt it, I am sure, as much as I; but I know not which was the most glorified—he as the MAN or I as the PUBLIC.

His array of books, mostly dealing with government, with a sprinkling of history and poetry, he showed me with childish delight, just for all the world like a boy showing off his toys. It was pardonable, for his library is a unique one, and, of its kind, I question whether there is another like it in London.

As he lovingly fingered first one book and then another, he explained to me a few of the very first principles underlying political economy—things I had learned nearly twenty years ago at school. That, also, was pardonable—one forgets a lot in twenty years.

He took me rapidly from Municipal Government to labour and social problems, from politics to sport, from art to science, but the leading strings were in each case pulled by ruthless hands. It was always first some quiet talk, then dogmatic exclamation, and, finally, a pat on the back in the shape of a smile—the whole in the same patronising manner.

I began to think that advancement had turned him more towards himself than anywhere else, or was good for him, and almost unconsciously said to myself:—

> "Here is a man who, above all, believes in the Gospel of Burns, preached by Burns; and all those who think otherwise go to Burns, and let him decide who is right and who wrong."

And, as the moments passed, it seemed to get more and more applicable, for he warmed to his work, moulded set opinions by oratorial jugglery into hard facts, and, with hob-nailed boots, trod noisily over many of the golden streets of my mental Paradise.

A ruthless pedagogue, with a liking for many syllabled words and poetical quotations, which did not particularly fit the conversation they were sandwiched in between. Honesty stamped all over the rugged face, with, alas! most of its beauty marred by the everlasting "I." A strong man, whose strength was being threatened every moment by overwhelming self-satisfaction. A born captain of men, whose thoughts centred more about the glory of the leader than the welfare of the led. And, oh! the pity of it all!!

And yet there was no mistaking the man's power. From the-man-in-the-street's point of view, Heaven knows, he has faults, and many. Not all of them, however, detract from his virile power, or have a valid place on one side of the scales when his capabilities are on the other. Rather they are faults that prejudice him in the eyes of other men for sentimental reasons alone. That is what I thought when I took time to consider.

Fighter he is, first and last, and, according to his lights, one who never hits below the belt. He has said of himself—"I came into the world with a struggle, am struggling now, with prospects of continuing it." The man's whole life proves it. He has fought his way from the engineer's bench to a seat in the Cabinet, struggled every inch of the way,

while those who first aided him to prominence alternately cheered and cursed him, loved and reviled him.

No man could have made that journey without having capabilities of high degree, and making many enemies. The Right Honourable John Burns *has* capabilities, and he has enemies—many; and if their numbers are in due proportion to his vast and self-acquired knowledge of the Poor Laws and kindred subjects, then he might be the best hated man in London to-day.

I can picture him smiling as he hears them call him "Traitor!" through the columns of the Socialistic press, and see him snug further into the corners of his Cabinet seat with a sigh of content, conscious only of Power.

Power, I believe, too, has always been his god—the consuming desire. Now he has it, how will he use it?

Should he live to be a hundred, and possess all his mental faculties at that age, he will be a truly great man. But he won't. He has lived too hard and harrassing a life to live the years necessary for his ballasting, and so he will always be looked upon as a political firebrand within a fold whose every other member regarded his slightest movement with anxiety.

As a public man, he is essentially a product of the working classes—a half-finished magician, whose limitations, physical and mental, stayed the completion. Many of his public utterances proved they were unweighed when spoken—an omission that has alienated many friends and made new enemies. But he sits to-day in one of the seats of the exalted, power within his grasp, with new vistas of further fields to conquer.

How will he use that power? Will he fight his way to a higher rung on the Ladder of Fame?

Only time can tell!

THE EDITOR OFF FOR A SPIN WITH HIS FAMILY.

HOW TO INCREASE YOUR VITALITY.

Can a man, by taking thought, so increase his vitality as to be able to accomplish three or four times his usual work without fatigue or injury?

By Dr. W. R. C. LATSON.

THE world may be divided into two great classes—the strong and the weak, the masters and the serfs, those who command and those who obey. The leaders are the few—the shining ones of the ages. The followers are the many—the passive multitudes, obedient always to the will of the master.

The uncouth butcher who pushed a weakling from the throne and established a new form of government, based upon nobler ideas; the low-born priest who dared to arraign earth's most powerful kingdom (a kingdom at once religious and temporal) at the bar of human justice; the man who, by book or speech or poem or picture, affects his fellow men—Cromwell, Luther, Bunyan, Washington, Lincoln, Whitman—these men are the leaders, and the millions follow.

The men whom the world acknowledge as its leaders have varied widely as regards mental and moral endowment. One thing, however, all possess in common. Every strong man in the world's history has possessed great nervous vitality.

To-day in commercial and professional life the same principle may be observed. What is the distinctive characteristic of the men who have gained the greatest success in trade and finance? Is it refinement? Is it intellect? Is it courage? Is it morality? It is not any one of these. The most notable peculiarity of the kings of finance to-day is vitality—the ability to withstand long hours, intense application, anxiety; to resist adverse suggestion and influence; to take in a million details, and to watch with unwinking alertness for the slightest change in the aspect of the market; in short, to do that which could be accomplished only by a man of enormous nervous vitality.

The leader of men is always remarkable for nervous vitality. In the armies of Cromwell were men as wise, as brave, as determined, as consecrated as their leader. Why, then, were they not also Cromwells? Because they had not the vitality which gave to their leader the power not only to plan and to will, but to execute and to endure.

The essential difference between the obedient multitude and the man they obey is in his greater vitality.

What is human vitality? Broadly speaking, vitality may be said to be that much of the cosmic energy which the human organism transmits from its potential state into manifestation.

The sources of human vitality are food and air, which are transformed into vitality by the bodily functions. These functions are powerfully affected by the mental attitude of the individual, also by exercise, rest, sleep and by other personal habits.

The influences which tend to deplete vitality are work, either mental or physical, bodily activities (locomotion, etc.), bodily functionings (such as digestion, excretion, etc.). Other depleting influences are exercise, stimulants, many forms of "pleasure," emotional excitement, and hyperkinesis. The last is the name I have given to that condition of motor nervous activity which leads to muscular tension or to involuntary and purposeless muscular movements.

The bodily functions, then, acting upon the food and air, form a certain amount of vitality. Other influences draw upon that vitality. The greater the amount of vitality made, and the less of it uselessly expended, the more will there be to devote to the chosen work.

The whole matter may be reduced to a very simple equation. Take the case of an average man. From food and air he

derives an amount of vitality which we will represent by 100 per cent. Now, in work, digestion, excretion, "pleasure," etc., he expends 80 per cent. of his nervous capital. The remaining 20 per cent. he uses in work; and this enables him to hold his place as an average man in his field. In order to win distinction, however, he must expend more. But to expend more than the 20 per cent. (that is, to overwork) is to insure in time that condition of nervous bankruptcy called neurasthenia, or nervous prostration.

Sometimes an ambitious man so misuses his power of self-control as to force himself to use up 30 per cent. instead of the 20 per cent. which is left him for his work. This means that the vital functions are deprived of 10 per cent. which they must have in order to keep the body going. After a time there is a disturbance of function, indicated by exhaustion, pain, sickness.

Now, in such a case as this, the rational plan would be to apply to the human mechanism the same principles as regards income and expenditure which the merchant applies to his shop. Why not adopt such measures as will increase the vital income from 100 to, say, 140, and reduce the vital expenditure from 80 per cent. to, say, 60 per cent.? Here is a clear gain of 60 per cent. to be expended in the chosen work.

Can this be done? Can a man by taking thought so increase his vitality as to be able to accomplish three or four times his usual work without fatigue or injury? I answer—Yes, it can be done. And of all the questions of the day I believe this to be the most important and practical. Success depends to-day less upon ability than upon energy—less upon knowledge than upon endurance. Success is not to the man who knows the most, but to him who can stand the most work and the longest hours and the most anxiety. If there is any means by which human vitality may be increased, all men and women, from the humblest to the highest, want to know about it.

Human vitality can be increased—enormously increased. Not by drugs, not by operations, not by vague electrical schemes or by any fetish can this be done; but by complying with the fundamental laws which govern the human organism.

To go into this matter in detail is not practicable within the limits of this paper. It is quite possible, however, to state the principles involved, and to suggest methods by which the income of vital force may be immensely increased and its expenditure as greatly reduced.

It has been stated that vitality is generated by the body acting upon the food and air introduced into it. Now the process by which food is converted into vitality is of itself an activity requiring an outlay of energy. Digestion is work. Some articles of food require for their digestion a great deal of digestive energy, and tax the body further for their excretion. At the same time they impart little energy. Other foods are digested with but little outlay of vital force, and impart to the organism a great deal of energy. One of the most important points, therefore, in studying to increase the amount of human vitality is to select a diet which shall economise the digestive energy and at the same time supply to the organism the largest amount of nutriment.

The quantity of food is also important—quite as important as selection. If too much food is taken it cannot be digested by the fluids provided for that purpose. The mass, therefore, instead of digesting, putrefies and remains in the body, forming poisons. Then commences another task requiring an enormous outlay of energy. This task is complex. First it is necessary to hurry through the alimentary tube with all possible haste the poisonous, offensive and dangerous mass of putrefying foodstuffs; secondly, to antidote the effects of the poisons with which this decomposed mass is loading the system; and, thirdly, to excrete through other avenues the poisons which are not antidoted. Upon the performance of these activities depends the life of the individual. When they are so overtaxed as to fail to antidote the poisons which are constantly making, the man dies of "heart failure" or "apoplexy."

Frequently the organism is unable to wholly counteract the effect of the

poisons introduced with the food, or formed from it in the system. Then ensue the symptoms of auto-intoxication, flushing, dizziness, faintness, palpitation, nervous throbbings, apoplexy, or, perhaps, heart failure.

To go into further detail is not here practicable. Enough, perhaps, has been said to show the importance of diet as a factor in the increase of human vitality. That diet is most adapted to conserve the vital force which is most nutritious, most easily digested, and least likely to decompose during its progress through the alimentary tube. Two meals separated by an interval of from five to seven hours are better than three. Foods should be simple, and should contain a certain amount of uncooked matters. Condiments, such as mustard, pepper, vinegar, and spice, should be avoided. Animal food, such as milk, cream, cheese, eggs, is not advisable. Meat, especially cooked meat, is not a food of high value. It is, moreover, laden with the excrementitious matters of the animal of which it was a part. These matters, when taken into the human body, act as irritants (that is, stimulants) and require for their elimination a great deal of that precious vitality, the increase of which we are studying.

The foods best adapted to the increase of human vitality will be those that impart the greatest amount of force with the least outlay of energy for their digestion, assimilation, and excretion. Practical experience proves that these foods are fruits, nuts, certain vegetables which grow in the sunlight, and cereals. Next in value are the pulses—peas, beans, and lentils (cooked). A meal of three or four kinds of foods selected from these gives the best conditions for the conservation of the vital forces. Free water drinking between the meals is an important factor, both in digestion and elimination. Few people get enough fluids.

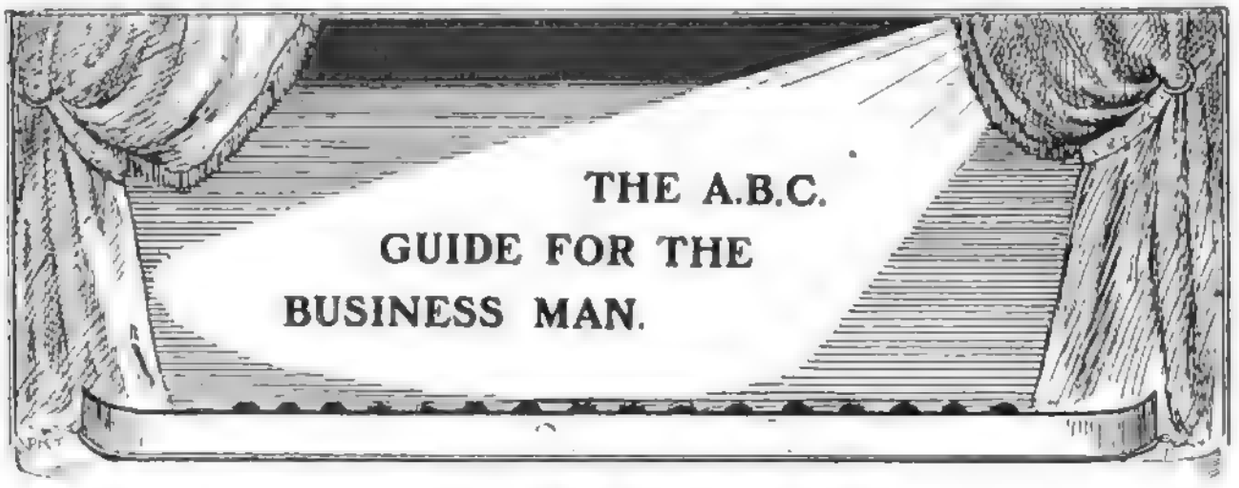
The importance of a full supply of oxygen in the generation of vital force is not usually understood. As I have often remarked, the large chest, with the straight spine and erect carriage which accompany it, is one of the unfailing signs of mental and physical power.

Fortunately, the breathing is, of all the functions, the one most easily controlled and developed. Where the lungs are small, shrunken, and feeble, the chest collapsed and the vitality low, a few weeks of resolute training will often cause an incredible difference in the development and activity of the lungs, in the contour of the chest, and in the general health and nervous vitality.

Breathing affects nutrition in several ways. First, through the acceleration of the peristaltic movements of the stomach and intestines, so important in digestion; second, in oxidising the food; third, in removing from the body, through the lungs, certain poisonous waste matters the retention of which weakens and depletes the organism. Moreover, as I have explained elsewhere, the erect attitude necessitated in proper breathing is of itself an enormous economy of vital force.

Sleep also will be found a most important element in the increase of human vitality. There is a technique of sleep which few understand. We need, not more sleep, but better sleep. We do not know how to sleep. The man who arises in the morning unrefreshed after eight hours' sleep does not know how to sleep. In the first place he probably eats too much, and his faithful organs, true to their trust, have been struggling all night to save his life. He has allowed his muscles to become and to remain contracted, and all night he has been holding them rigid. Is it any wonder that he awakens in the morning so exhausted that only after his "eye-opener" of whisky, coffee, tea, or other drug he is able to begin the day's work? Let him reform the diet, studying to eat those foods which will give him the most energy at the least expenditure of vitality, and let him learn to relax the muscular system at will, and he will know again the sleep of childhood—the sleep which is restful because the body is unburdened and relaxed.

*(To be concluded in next issue, which instalment will deal with influences which tend to deplete the vitality, and the recognition of which should obviate such depletion.—*THE EDITOR.)



By JOHN WARD STEWART.

*III.—AT HOME.

WHEN looking for lodgings one should exercise the greatest care in selection.

The landlady is the most important person in the world to the single man, and cannot be too strongly considered. The married man, of course, must keep his opinions in harmony with his surroundings, whereas the single man should found his surroundings in accordance with his peculiar opinions.

Personally, I prefer a jovial, good-humoured old lady, who will readily exchange places with the joke and the joker. This is perhaps a peculiarity of my own, and one that many of my readers would not readily approve of; but, as a modern type of my sex, I cannot bear the associations of dull, melancholy people—more especially landladies.

The choice of lodgings, however, should certainly be in perfect tone with the humour of the lodger, otherwise he no longer lives, but merely exists. Many landladies instil within the lodger a very disagreeable feeling—one that makes the latter feel that he is somewhat in the way. This, I think, is the reason we find so many of the rising generation becoming slaves to the drink curse.

After the day's work, many men feel terribly wretched and depressed, and the very thought of "home" irritates this feeling, and so, to drown it, they become devotees to alcohol.

On the other hand, could the lodger feel that he is welcome whenever he chooses to rest from the din of the world, not only would he be happier, but he would, in many cases, drop off the drink and turn his attentions in a more practical and beneficial direction.

When business hours are over a man needs refreshment, and that for the entire system. During the day the system has been severely taxed, and the vital energy considerably expended; therefore, to fit one for the ensuing day's contentions, recuperation must be obtained.

This is only possible by a refreshing system of exercise, which enlivens the blood, and so, by cleansing the system, ridding it of the many impurities that collect in an ill-ventilated office.

Firstly, then, obtain a pair of dumb-bells, weighing about three or four pounds. Secondly, a good book, of which there are many to choose from, upon Physical Culture.

Now, be careful! Do not enter recklessly into Physical Culture, regardless of the important theory attached to it. Many men I have known to fail entirely through this simple folly. Practical benefits, I would especially impress, are absolutely impossible without the aid of a thorough knowledge of what you are doing. You must know what muscles you are exercising, and what effect those particular muscles have upon the various

*Part I dealt with "Concentration"; Part II, "At Office." The two issues post free for 6d.

parts of the body. For instance, it is useless for a man to continue with an exercise that brings into action the biceps and triceps only, and, in so doing, expect to observe an increase in his chest expansion.

This may seem absurd, but nothing is more prevalent than this simple mistake, upon a modified scale.

Yes, theory is most important. If I told you that I once knew a man who proclaimed himself the champion lightweight boxer of the world, who never in his life had seen a pair of gloves, you would say that either I or the latter were insane, and I should accept your conclusion as final.

Yet, as absurd as this may appear, I say again—many men pick up a pair of dumb-bells and, instead of benefitting by them, sadly sink further backward.

These men naturally condemn Physical Culture; in fact, I have had the opportunity of contradicting the saying that argument promotes the truth; for, in many instances, I have almost had the size of my eye increased, simply through endeavouring to point out their folly.

No; all who would succeed in Physical Culture, and live in health, must adhere to the theory, and not until thoroughly mastering it, touch the practical part. To the clerk, dumb-bells are as indispensable as the pen by which he earns his daily bread. Should he be of an energetic temperament, then I would prescribe a quarter of an hour in the morning and the same before retiring at night. Should, however, the extra quarter of an hour in the morning appear too much for him, then, to start with, adopt only the latter, leaving the former for some future day.

Each system, of course, has its peculiar exercises, and to choose the better would be very difficult; but, upon obtaining a book upon the subject, it will be found that a chart is generally included from which a selection can carefully be made.

Then, lastly, I would impress the infinite importance of fresh air. Whether the man be a Physical Culturist or not, nothing exists of such an important character as the question of fresh air. Man can live for a considerably longer period without water or food than without air; that is universally known, therefore I need not dwell upon its importance.

If you would inherit health, then never let it be said that your bedroom window is closed. Too many people close their windows because of the draught, but there is not the slightest danger, unless the temperature is suddenly changed. Cover your body with sufficient clothes to keep you warm throughout the night; and, no matter how inclement the weather outside, you need not fear. Instead of the clammy mouth and tired feeling in the morning, you will feel fresh and fit for work; in fact, even the dreary city office will become a pleasure if these few hints are carried out thoroughly.

The Future.

(From the German of Goethe.)

BY CHAS. W. HUBNER.

Carlyle, alluding to this poem in his "Past and Present," says: "This little snatch of music, by the greatest German man, sounds like a stanza in the grand Rood Song and Marching Song of our great Teutonic kindred—wending, wending, valiant and victorious, through the undiscovered Deeps of Time!"

The veiled Future hides the
Bright days and drear days,
But ever fearless,
Although slow our strides be,
Do we press onward.

Opaque is the pendent
Curtain before us;
Solemnly o'er us
Stars shine resplendent,
Under us graves are;

Behold these and ponder—
Hearts then, once unblaunted,
By shadows are haunted,
Souls awed are with wonder
And reverent emotion;

But from Elysium's bowers
To us call the sages,
Great souls of the ages:
"The Good and its powers
Pursue and neglect not;

"Wreaths Time can impair not,
Here twined are forever,
To crown their endeavour,
Who work and despair not;
We bid you be hopeful."

AT OLYMPIA. By J. St. A. Jewell.

OLYMPIA of many memories! The last time I walked into the huge building it was the mecca of all motorists, for between carpeted walks were numberless stands, on each one of which there were displayed the finest specimens of compressed machinery that brains and money could produce. The whole building glittered from end to end—shafts of light shot back from the polished surface of tons of metal, and all the time the wealth and nobility of our country nudged and elbowed its way up and down, criticising, bargaining, bowing and smiling.

In short, it was "Motor Week"—not to be referred to vulgarly as a "show," in that it has passed that transitional stage and become a "Society" function. And now—a new phase!

The huge arena has taken unto itself a new garb—a garb of verdant green. The change from what was to what is strikes you sledge-hammer-like as soon as you pass into the building. You feel that there has been trickery afoot, that you have made a mistake and landed in a large well-rolled field, and that, as you watched, a magic hand had plucked Olympia up by the roots and placed it over you and your field for a covering.

Even the old familiar girdered roof is hidden from you, and instead of the gaunt ironwork and the acres of glass, your eyes rest on festoons of green and white drapery. Along the sides above the gallery, placed at regular intervals, depend the flags of all nations—a colour scheme soothing to our eyes and the susceptibilities of foreign visitors.

A game of pushball was in progress as I made my way to a seat—a game of much possibility, interesting and novel. Seen in that huge hall, it seemed as though it might have started as an Association game, and that the players had somehow shrunk to Lilliputians under a wave of the same magic hand that had created their green playing field.

There followed a game of football, in which some very well-known players took part. Among them were T. R. Haworth, T. Hyslop, T. McInnes, James Trainor (the famous goalkeeper), B. Garfield, J. Connor, and many others of note. Personally, I am not a football player, and do not understand the niceties of the game. I know that it must be an extraordinarily good game, for the reasons that every man you meet—in 'bus, tram, train, and restaurant, discusses it with vigour, and that when a big match is on, the newspapers will willingly give it four full columns when twenty lines are apparently sufficient for a decent-sized massacre. I never knew until I visited Olympia, however, what a hold it has on people. I say this because I sat next a benevolent-looking, white-haired old gentleman whose apathetic air until the football came on was most touching. When, however, they started chasing that leather-covered bladder, he became almost violent, and showed his appreciation for each good move by banging the floor with his stick. During the game he lost his glasses, shook off his hat, and banged three feet—with the stick. I shall remember him for a long time—one of the feet belonged to me.

Where I sat I had middle-aged people all round me. When I think of it I feel glad, for if Grandpa behaved like *that*, what would Grandson do? Verily,

FAMOUS STATUARY ("In a Dream," by G. Michel

football must be a truly great game. When the footballers left the field, there arrived some athletic young ladies who engaged in walking and running races. They walked and ran exceedingly well, too, and would give points to 99 out of a hundred habitual early morning train-sprinters of the kind you meet when on your way to the station.

Up to this moment a very fine band had been playing in a pavilion at the top end of the building, but as the ladies trooped off to their dressing rooms, the pavilion began to glide over the grass in a most uncanny way, the band playing all the time. It stopped right in the centre of the building, and then the secret was out—a leather-gaitered motor man came from under the curtains which draped it from the band-rail to the ground. I respectfully suggest to the management that this man's appearance should be suppressed, for it looks almost as bad as making the penny mysteriously disappear, and then pulling out the elastic for inspection.

Next was seen Mr. James Gray—an English strong man. He did some very fine feats, including a double-handed barbell lift of 300 lbs. Another of his feats consisted of seating eight men on a plank and lifting the lot by placing his shoulders beneath. It was a modest little show, absolutely devoid of stage effect, but genuine. Incidentally, it opened the eyes of a good many weight-lifters who were among the audience.

Next came Mr. A. A. Shrubb, the runner, whose entry raised a good deal of interest. He looked a thin, loose-jointed young fellow, and no one seeing him for the first time would imagine him capable of much-sustained effort. He ran beautifully, though, and had each one of his three pacers in hand all the time. His final spurt at the last half-lap was a particularly fine sight, and when the announcement was made that he had done the two miles in 9 mins. 25 secs., the audience cheered him to the echo.

Another turn that proved very popular was supplied by "Little Tokio," a young son of fair Japan. In national costume, and holding only a paper umbrella in his hand, he walked slowly up a rope that was stretched tightly from one side of the building to the other, and was inclined about 30 degrees from the horizontal. At the upper end was a small platform where "Little Tokio" rested in due course. Then he stood once more on the rope, facing the platform, with his legs wide apart. I saw him let go the platform stays and begin to slide down. He gathered speed at every yard, and when he reached the lower end, he must have been travelling at the rate of thirty miles an hour.

"The African Sharpshooters" were another turn that will take a lot of beating. They are "Alice," "Nina," and "Captain Slema," and what they don't know about show shooting isn't worth learning. One of their feats consisted of shooting through a wedding ring held between the finger and thumb by one standing about four paces in *front* of the target. The lady performing the feat scored a "bull" every time. There were sceptics there who said, "That," etc., etc., but to prove that the feat was genuine, the wedding ring was replaced by a sheet of plate glass about four feet square, having a half inch hole in the centre. The lady shot through it each time. The male member of the trio did still more marvellous work. He used revelvers and rifles, two at a time, one for each hand, and never missed a "bull." Indeed, his shooting was so deadly precise, that had he lived "out West" 30 years ago, he would have opened the eyes of that cheerful gentleman who kept up his "gun reputation" by entering saloon bars and flicking the ash off other people's cigars by accurately squirting a lump of lead from his Colt's "Frontier."

"Mdlle. Meteor" supplied another turn of a kind that is never seen in an ordinary variety hall. This turn is called "Canoeing Through Space," and belongs to the same category as "Whirling the Whirl," "Looping the Loop," etc., etc., only more so. This feat necessitates a huge apparatus that forms in itself a complicated piece of engineering work. It is a crescent-shaped structure of latticed iron girders, which towers upwards to the extent of 85 feet. This structure

carries a double line of rails, called the shute, the shape of which may be likened to the letter "O" with nearly the left half cut away, the half being determined by dividing the letter in two by a vertical line. A metal canoe-like vessel having wheels on its sides is placed on the top of the shute so that one line of rails are above the wheels and the other line below it. In this canoe "Mdlle. Meteor" takes her place, and when all is ready, the vessel is pushed forward. It goes down the side of the "O" at a terrific speed, rounds the curve at the bottom, and, turning a complete somersault in mid-air, drops into a large tank of water below. The feat is sensational and thrilling enough in all conscience, and I admire the lady's pluck.

Another turn of somewhat the same kind is supplied by "Dare Devil Schreyer." It forms *the* turn of the day, and for cold-blooded four-in-the-morning pluck, I do not think it has ever been equalled. The man who performs it is a marvellous man, a man who, I should think, has risked his life more times in sensational shows than anyone else alive. He has what may be termed a glorified plank five feet wide, starting from the roof at one end of the building, the other end being in mid-air about 60 feet from the ground and about 115 feet from the tank into which Mdlle. Meteor is hurled in her canoe. Down this long plank "Dare Devil Schreyer" rides a bicycle, getting up a speed of 81 miles an hour. At this pace he leaves the plank, and when in mid-air kicks himself clear of his machine, and dives headlong into the tank.

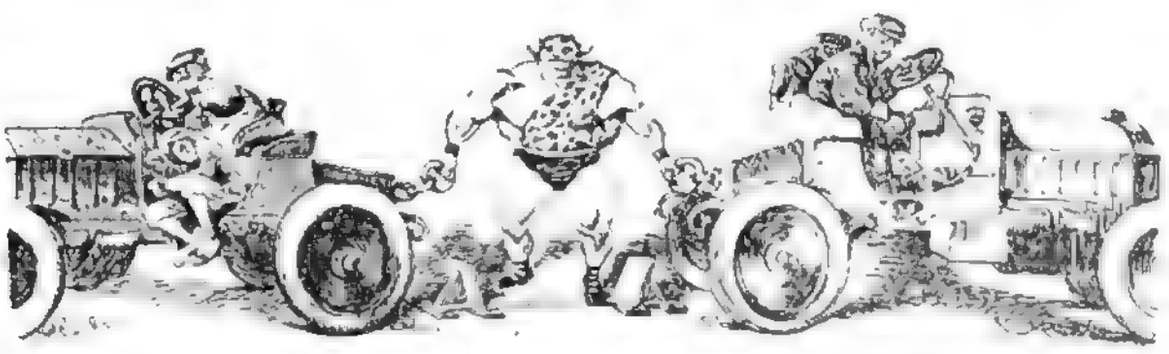
I propose dealing with "Dare Devil Schreyer" in a special article, which will perhaps find a place in these pages later on, and arrangements have already been made toward that end. For this reason I shall say but little more of his thrilling performance, and that "little" shall be, that no man ever tacked two more appropriate words to his name than Mr. Schreyer.

And now it is but right that I should say that the turns I have briefly touched on formed only a very few of those that were to be seen. Perhaps, too, I have leaned toward those which appealed to me most, more than I should have done. Space does not permit of my giving even the briefest description of many that were worth pages. This must be my apology for not describing "Pelota," the Spanish game that is played each day and night, and is creating such wide-spread interest. In any event, "Pelota" does not lend itself to description; it must be seen.

Speaking generally, I am of opinion that those who are responsible for the conduct of affairs at Olympia are to be congratulated. Without question, they have opened to the sport-loving public a unique opportunity of witnessing under ideal conditions exhibitions of the highest class in all branches of athletic sports.

And so, I strongly recommend you to travel Addison Road-wards when you have a few hours to spare.

HE who gives up the fight has never seen things at their worst, or he wouldn't care enough to quit.



1.—THE ARTIST'S CARICATURE OF A WELL-KNOWN "VARIETY" TURN.

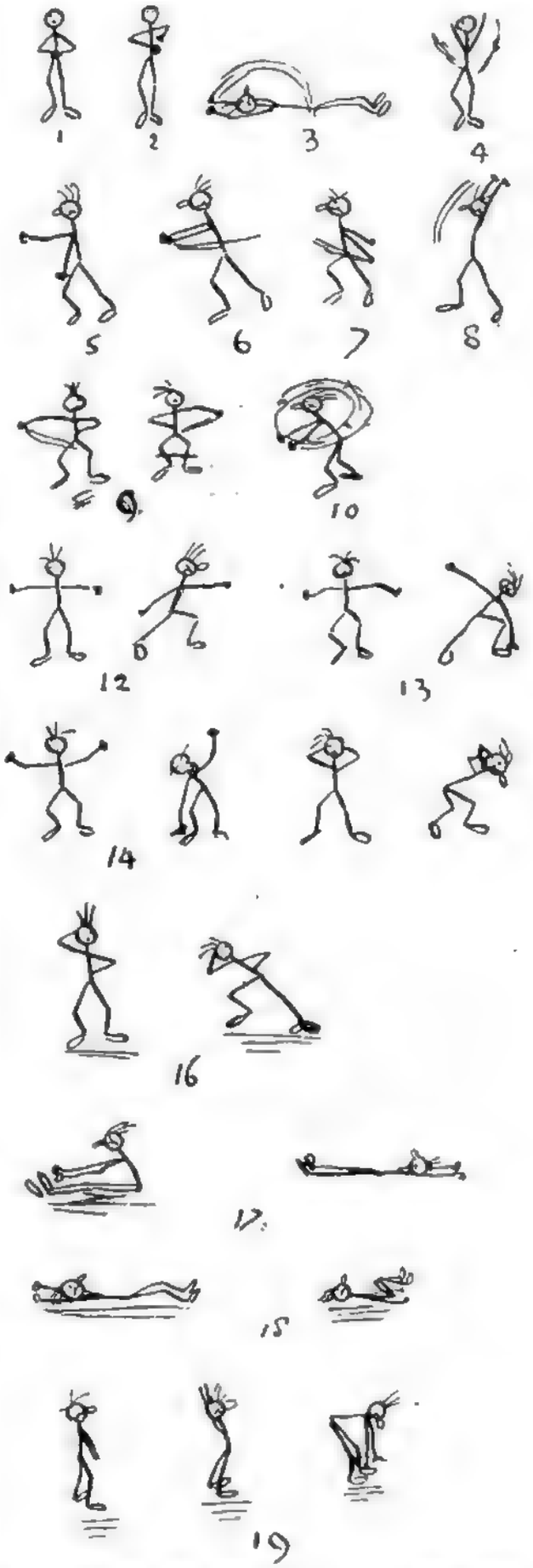
Looks like No. 4 Exercise on Special Chart.

Physical Culture Afloat.

MR. R. J. WALLIS-JONES, M.I.E.E., Assoc.M.Inst.C.E., who travelled out to South Africa on the Kenilworth Castle a short time ago, undertook to show the officers and some of the passengers the Sandow Exercises which he had learned at the St. James' Street Sandow School.

A class was formed, and met (by the courtesy of Captain Morton and the (Officers) every evening, about 5 o'clock, on the navigation deck. The members of the Sandow class greatly benefited by the exercises, it being otherwise so difficult to get systematic and thorough exercises on board ship.

Figure 1 shows a group of some of the members of the class; Fig. 2, the class exercising. And in order that the officers might have some chart to remember the exercises by, a Miss Snell, an artist who was travelling on board, kindly made some "lightning" sketches of the exercises in their proper rotation. These are reproduced.



If these sketches don't make you laugh you are probably {bilious|or}suffering from melancholia.

The Members of the "Crew."

Owing to Mr. Wallis-Jones acting as photographer, he does not, unfortunately, figure in the photos.

The German, and some of the English and American liners, now have well-appointed gymnasia aboard, but Mr. Wallis-Jones' example is one worthy of following on all ships. The principal requirement seems to be a leader like Mr. Wallis-Jones, capable of arousing sufficient interest and enthusiasm.

Tree-Climbing for Physical Development.

A YOUTH sees the photo. of a strong man on the cover of some magazine devoted to Physical Culture, or perhaps witnesses the performance of some strong man at a music hall, and forthwith becomes imbued with the desire to emulate the strong man's example. He first buys a Physical Culture magazine, and gives all his time to the instructions contained therein. Every other thought is excluded, all his energy is concentrated on attaining such perfection of bodily strength as will render the lifting of heavy weights comparatively easy. He next prices the appliances necessary to bring about this very desirable state of things. Horror! What does he find? That the necessary articles are altogether outside the limit of his pocket. Now he is in a nice fix, indeed. His enthusiasm begins to wane, and he perhaps gives the idea up altogether as being impracticable, unless he be endowed with extraordinary enthusiasm. I have heard of a young chap who, on finding that he could not purchase all the things necessary (?) for the up-building of the body, utilised his mother's flat-iron! But this is a rare instance.

The youthful tyro finds himself now in a nasty predicament. His all-absorbing thought is to build for himself mighty strength, and he can't set about doing so because he can't buy what is needed.

Is he, then, to give up all idea of ever becoming a superb specimen of physical manliness? No, certainly not; not while a simple remedy is at hand to take the place of developer, weights, etc.

Parenthetically, I might say that a step in the right direction towards the regeneration of the race would be the cheapening of all Physical Culture paraphernalia.

We all recall our youthful days with keen enjoyment. We remember when we climbed big trees of every class to get at a bird's nest. But the nest and its contents were our goal; we never thought of the benefits which our body derived from a healthy climb. Well, why not do so now?

This means of building up great vital power is the least expensive and most advantageous one I know of. It is within the reach of everyone, rich or poor. To the latter class the idea will principally appeal, and it is for the benefit of this class that these words are penned.

First of all, I take it for granted that you all have an old cast-off suit of clothes lying discarded in some corner of your house. Very good. The next step is to give this suit a thorough airing. Hang it

on the clothes line and let the soft, sweet breezes blow through and through it till it is thoroughly purified and cleansed. There is no harm in washing it; but it really is not necessary, as fresh air is all that is required.

When aired to your satisfaction, sew some thick pieces of leather over the knees of the trousers, over the elbows and shoulders of the coat and under the armpits. Sew these on firmly and then apply a plentiful coat of goose grease. This renders the leather pliable, and will save you from many a nasty bruise. Your "suit" is now ready for use.

Select a tree that is fairly easy to climb for the first attempt. Don't attempt too much at first, for a disagreeable soreness is the inevitable result.

Note as you swarm up into the heart of the tree how your muscles are working. Your legs, back, arms and stomach are working in beautiful harmony and are being benefited more in one climb than by a month's tugging, and straining at a developer. And just note how you breathe! This simple form of exercise is of incalculable benefit to anyone troubled with weakness of the lungs. Huge draughts of pure fresh air are being driven deep down into the innermost recesses of your lungs and routing out all diseases.

You can bring up your favourite book if you like, and, soothed by the gentle sighing of the leaves, give fancy full rein.

You need have no fear of not finding a safe seat. I have always found a really comfortable one; but it requires a little searching to find it.

By following the instructions here laid down you are brought into close touch with nature. An ecstatic happiness takes possession of your soul as you lie atop some tall tree looking down on the world beneath. The sweet swell of summer flowers, or perhaps of freshly turned soil, is wafted upwards on the breeze, and assails your nostrils, imbuing you with a delightful sense of peace and happiness.

To people troubled with any nervous disease I would heartily recommend this form of exercise. But these must be extra careful and not put any undue tax on their strength. My advice to them is to begin on some small tree, taking care not to exhaust themselves at first. Then, as they increase in strength, tackle larger trees, until they finally arrive at that stage when the mightiest old oak that ever reared its head to battle bravely with the elements has no terror for them.

Now, my masters, begin immediately; don't be wavering; start right in, and I'll wager the result will surprise you.

Secret of Success.

THE secret of success might be defined, at least partially, as a constant and earnest consideration of the why and the wherefore of one's work. It is the man who perceives the philosophy of what he is doing who does the work well and with profit to himself—and that is the principle of success. And the philosophy underneath what most men are doing is simple enough, plain to a little thought. The fact that very simple-minded men make great successes—and that frequently—proves the proposition that a habitual exercise of the most ordinary mental equipment is a sufficient guide; while the fact, equally common, that men of magnificent intellectual equipment and power of thought are failures, notwithstanding brilliant and even prodigious effort, proves that it is the habit and not the quality of mind which makes the successful man. Indeed, the success of the simple-minded man and the failure of the broadly and brilliantly "intellectual" causes a question of what is real intellect? Measured by achievement, by benefits to his fellow-man, by the force he applies to the purpose of civilization, the so-called "simple-minded" but successful man is the intellectual. He is the thinking man, his are the thoughts that count. And his success is open to every other simple-minded man who will cultivate the habit of knowing his work and working to a definite plan. It is a profound truth that success requires no greater quantity of effort than is expended on failure. Indeed, the studious effort of success is likely to be less than the unregulated struggle of failure. In many a sense success is easier than failure.

"PHYSICAL exercise is capable of healthfully transforming the meaningless, monotonous, purposeless curves of the physically uneducated, who are mainly muscular paupers, whose limbs are little better than burlesques, composed as they are of shapeless muscles of flabby, doughy tissue, covered with dull, loose, lustreless skin, into the beautiful, classical, muscular outline of ancient statuary, clothed with the polished, fresh, elastic skin of perfect health."—SIR FREDERICK TREVES.

EMBROCATION—MASSAGE IN TRAINING WORK AND CURATIVE TREATMENT.

—— BY THE EDITOR (EUGEN SANDOW). ——

Calf muscles especially liable to strain.

LAST week, in these columns, I told of the reasons which had induced me to produce my "Concentrated Embrocation," and mentioned some of its many advantages from an athletic point of view.

This week I shall show the importance of, and the benefit to be obtained from, regular massage with the Embrocation during that (usually) trying period of training, and, as it will no doubt interest a large number of my readers, I will give a few hints on "How to Train."

Now, there is no necessity for the period of training to be the time of misery it so often is, when the athlete is placed on a special diet—a diet which, in many cases, is unpalatable and insufficient. If a man wishes to get and keep in condition, and be fit for any athletic game, sport or exercise, he must lead a regular life, live ordinarily, and take a fair amount of exercise.

I never enforce rigid food restrictions, as I consider a moderate mixed diet to be the best for all, and know that sudden changes of food do more harm than good to the average person.

The one thing indispensable to every athlete is a good digestion; if he suffers from indigestion he will never be "fit," because "fitness" depends upon a perfect working of the digestive organs. The only restrictions necessary refer to tobacco and alcohol, which should be very sparingly indulged in; in fact, if possible, during strict training tobacco should not be used, as its action on the heart weakens the staying power.

Regular exercise should be taken, and immediately followed by a cold bath and thorough massage of all the muscles. Massage of the muscles enables them to do their work more easily and with less fatigue; it also lessens the fatigue experienced after real hard work and the tender feeling which the untrained athlete knows so well.

Thorough massage with a diluted strength of my Embrocation is of the greatest benefit to all who are in strict training, as it improves the tone of the muscles, stimulates the circulation, and helps to increase the tissue changes which are so necessary if perfect health is to be attained and retained.

This massage also relieves any slight overstrain which may have been suffered by the muscular system through excessive exertion.

I think modern athletes might with advantage take a hint from the ancient Greeks, who, for a month or more before the great games, were carefully rubbed twice a day with stimulating and soothing oils, which made their muscles supple and strong, and put them in a perfectly fit condition.

As the modern equivalent of these "stimulating and soothing oils" is "Sandow's Concentrated Embrocation."

Massaging the thigh.

its importance to the athlete in training is readily recognised.

Another point. Many athletes—notably sprinters—take a preliminary run, or a short, sharp burst of speed before the race in which they are taking part, in order to "warm up" the muscles and make them ready for the work they have to do. However slight this exertion may be, it must cause *some* loss of power, and at a time when every ounce of power and stamina is needed. If, instead of this "preliminary canter," the muscles are gently massaged with the Embrocation, they will be stimulated and warmed and made fit for their work, without any fatigue.

After the race or violent exercise, systematic massage with the Embrocation has the happiest results, the muscles being nourished and their stamina and speed retained. It imparts to the human body the endurance, readiness, and speed of the race-horse, not the slow, lumbering strength of the cart-horse.

The calf muscles are especially liable to be strained or injured by athletes in running and jumping, as the principal work of raising the body on tiptoe is carried out by them. The first illustration shows how to remedy any defects of the calf muscles by the combined effect of massage and embrocation. The calf of the leg should be grasped with the fingers of both hands and well massaged with Embrocation from ankle to knee. This treatment will also be found most beneficial for varicose veins, but in these cases the massage must not be so thorough, only gentle and graduated pressure being used.

The second figure illustrates the correct method of massaging the flexor muscles of the thigh when strained or suffering from stiffness. Severe or sudden exertion—such as football or harriers—will often cause this trouble, and also affect the extensors of the thigh. The same treatment is suitable for cases of cramp (from swimming), and riders' strain, when the adductors on the inner and back part of the thigh are affected.

In all these cases the use of the Embrocation must be combined with deep massage, or the full benefit of the treatment will not be obtained. The palms and fingers of both hands must be slowly and firmly moved along the back of the thigh from knee to hip, all the movements being in one direction.

This treatment is also useful for cases of sciatica, or when varicose veins are present, but the pressure used must be considerably less.

It will be noticed in all the cases given I advise suitable massage to be used in connection with the Embrocation. Massage is an important and useful treatment, and great benefits are derived from it, as it stimulates the circulation and helps the process of repair after sprains and similar injuries.

Before the introduction of my "Concentrated Embrocation," the greater part of the relief obtained from the use of embrocations was *derived from the massage employed*, the embrocation being simply a "lubricating oil" used in connection with the massage.

My Embrocation being an emollient possessing natural properties which act favourably on the structures massaged, makes it a most valuable therapeutic agent; in fact, *the real cure* for the

many ills and ailments which are amenable to external treatment.

The materials used in its production are entirely vegetable, and its curative properties are many and totally distinct from the benefits which are usually obtained by massage with an ordinary embrocation or lubricant.

It being so highly concentrated, it will be best to use a diluted strength of the Embrocation for athletic use.

For the treatment of the many complaints which are cured by its use—such as rheumatism, neuralgia, sciatica, lumbago, etc.—the ordinary strength will give more rapid results, unless the skin of the patient is too tender to bear the full strength.

To reduce the strength of the Embrocation, pure olive oil is the best agent. A little of the Embrocation should be squeezed into a saucer and the olive oil added. The mixing must be done with a small wooden, bone, or other article *which is not metal*, until the Embrocation is of the required consistency—about the thickness of cream. Treat the muscles as I have advised, and a rapid cure will be the result.

In my final article next week, I shall speak of the curative properties of my Embrocation, and how it is to be used for the cure of the complaints which I have mentioned above.

N.B.—The illustrations are taken from a booklet I have prepared, showing—by photographs—the correct method of applying my Embrocation in the many and varied uses to which it has been put. A copy of this booklet is supplied with each tube of Sandow's Concentrated Embrocation.

CHARACTER BUILDING. By Margaret S. Organ.

IN order to the attainment of character, to secure its completest symmetry, its highest intellectual and ethical unfoldment, its fitness to fulfill the beautiful and sublime purpose of life, intelligent cognition must be taken of the fact that man is a dual entity, that spirit and body are the complemental factors which constitute the human. Not only this, but we must pursue the building of character upon the determinate basis of Nature that these complemental factors or forces are inter-dependent, sympathetic or reciprocal in their action. True, this fundamental law of human life is generally recognised, but only in a vague, theoretic way. Seldom is it a concrete, intellectual conviction dominating the life.

In the effort to individually build character, or in the effort to assist those entrusted to our care, attention is directed almost solely to the mental or spiritual part of being.

In all of our educational institutions only the most meagre attention is given to the science of life and health. Even in our medical colleges the primary and all-absorbing purpose is to obtain knowledge of disease—pathological conditions. Healthful functions are primarily studied in order to the better comprehension of pathological conditions or the essential character of disease.

Years of devoted study are given to the languages, dead and living, to literature, to the mental and moral philosophy, to the science of physics, and to every other science except the science of life and health. Yet, in absolute and comprehensive importance, this is the science of sciences. So inclusive it is that it involves the longevity, the happiness, the intellectual and moral development of the individual, the maintenance and advancement of civilisation with its grand and wonderful complexities of duties and relations.

Not until the science of life and health receives the recognition and practical application commensurate with its importance, can the race attain the strength and symmetry, the refined, pure, and exalted nobility of soul, that lies within the scope of its potential powers.

It is a physiological and moral impossibility to build strong, enduring, and well-balanced character upon a foundation of

physical weakness, disease, or morbidity. A strict and conscientious observance of the laws which pertain to the body is just as essential to the building of character as is a conscientious observance of the laws which pertain to the mind. Moreover, we are under just as great moral obligation to obey them.

The laws severally governing body and mind are implanted by the same creative intelligence, involving the same ethical purpose of existence; consequently there is, there can be, no relative difference in the moral obligation to obey them. It is unthinkable that one law of the Creator is superior to another.

It is rare indeed to find an individual who makes it an intellectual and conscientious duty to study and obey the divine laws of health and physical perfection. Very few, in fact, have any well-defined knowledge of the laws which govern the physical being. For, as has been stated, the ethics of physiology and hygiene are significantly ignored in the curriculum of our educational institutions.

In most of the public schools of the present day a modicum of instruction is given in the laws of physiology and hygiene, but the moral obligation to obey them is never instilled into the plastic mind. Teachers themselves have little or no conscientious conviction regarding their sacredness, nor of the imposed moral responsibility pertaining to their observance.

Even when people have learned, through observation and experience, that certain things are detrimental to physical welfare, no determined, conscientious effort is made to avoid them.

If the gustatory sense has been educated to like or crave dietetic conglomerations condemned alike by personal experience and hygienic science, does the intelligent human with moral firmness desist from their further use? Is not untamed, unrestrained impulse generally the master?

The injury done to the organic functions does not stop with them. Through correlation of influence their distempered condition is reflected directly upon the brain, the medium through which soul or spirit is manifested; consequently it is inevitable that injurious, abnormal impress be made upon the intellectual and moral perceptions, upon the sentiments, emotions and propensities.

We have been taught, and rightly so, to pray for the forgiveness of sins committed against the soul. But who was ever taught to pray for the forgiveness of sins committed against the body? For the sin of overburdening the stomach with an improper kind and amount of food, for the sin of breathing impure air, of over-taxing the nerves, for injury to lungs, heart, liver, and other organs by clothing, ligatures and steels which restrict their full and God-designed freedom? So we might go on through the lengthy catalogue of sins committed against the "Temple of the Soul," the "House Wonderful," sacred and beautiful, and we will find no one praying for the forgiveness of these sins, nor having any determined moral purpose to repent in sackcloth and ashes therefor. No; mankind have no compunctions of conscience whatever regarding the transgressions of the laws implanted in the physical economy; laws which are as sacred, as holy and as divine in their origin as those implanted in the soul's being; laws which imperatively require obedience, to the end that complete manhood and womanhood may be the intellectual and ethical accomplishment.

Not until humans develop an active conscience in regard to dutiful observance of the laws which inhere in the physical organism will they ever attain the mastery over self, will they ever compass the highest stature of character, or reach the full measure of their inborn possibilities.

The laws of the body, by their own innate right, impose moral responsibility for their observance, but there is also an added responsibility by reason of the reflex influence of bodily conditions upon mind, rather than upon soul.

Spirit or soul acts through the organised structure of the brain, and the resultant, the product of this action, we recognise as mind. And mind is governed by precisely the same laws as if it were

a component part of the organised structure. Therefore, we can readily understand how every wave of vital impulse, healthful, buoyant, clear, bright, and harmonious, or dark, turbid, and mephitic, must make corresponding impress upon mind.

Acute and chronic disorder of physical function must essentially cause the individual to see things at an abnormal slant, inducing moral and intellectual strabismus.

Many a poor mortal has agonised in the throes of despair, feeling, believing that he was forsaken of God and man, and that life is naught but unmixed evil, pain, and sorrow, when the sole cause of all his trouble was an enlarged or torpid liver, irritated stomach, engorged spleen, or over-taxed nerves.

Consider the moral poison instilled into the soul by such depressed, morbid feelings, by such despairing and unwholesome thoughts. What an enervating, distorting, depraving influence they must have upon character!

More than all other influences have the weakened, irritated, disordered vital functions engendered enmities, revenge, jealousies, feuds, bloodshed, and all the other forms of individual and civic demoralisation and crime.

In the little nerve centres, inflamed, irritated, and perverted through violation of the organic laws of life, are born destructive revolutions and initiative force which often produces carnage and war. If, however, the laws of the physical being be obeyed with loyal and conscientious fidelity, all the vital functions will be normally performed, the entire physical being will be pervaded with an organic consciousness of physiological joy, every nerve and every nerve centre will throb with delight through the harmony of health, and send forth a pæan of thankfulness.

This glow of joy and happiness will, through sympathetic or complemental relationship, be communicated to the mind. Every faculty, every sentiment, and every emotion receives a quickening, a stimulus to healthy action. All the perceptions become clear-visioned, keen in penetration, and normally receptive to intellectual, æsthetic, moral, and spiritual truth.

In building any material edifice whatsoever the architect recognises the primary necessity of a strong, solid foundation; for upon the material and workmanship of the foundation depends the permanency of the whole superstructure. So, in the building of character, that transcendantly important and most sublime superstructure in the universe of God, we must have a strong, well-constructed organic foundation.

The stability of character, its power to meet the emergencies of life, to stand firm when storms and tornadoes assail, depends much upon the vigour and health of the physical part of the duality.

While we take full cognisance of the fact that pre-natal influences may not have been such as to form a strong, healthy body—very seldom they are—we also recognise the law of constitutional development in post-natal life. We can develop vital force, constitutional vigour. We can, by faithful obedience of Nature's laws, establish girders and stanchions in the physical foundation.

The postulate upon the verity that soul and body are reciprocal in their action, involves that in the unfoldment of human life and character mind must affect body as well as that body affects mind; that conditions beneficial or deleterious originating in either reflect directly upon the other. Thus a round of influences for good or for evil is going on continuously.

Because it has always been the effort of mankind to build character by bringing psychic influences alone into requisition, practically ignoring the influence of body upon mind, I have thus been led to emphasise the essentiality of intelligent and conscientious observance of the laws of life and health, in order to the attainment of strong, noble, and morally individualised character.

In view of the facts stated, we must conclude that character, to possess the thews and sinews of strong moral purpose, of unfailing integrity, of firmness for the right to possess keen, clear intellectual vision and spiritual intuition, must have the sustaining energy and sympathetic co-operation of a vigorous, healthy organism in which there is a normal play of all the functions.

Sandow Magazine Readers' Club.

President . . EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto.

and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Re Fellowship Medal.

[*These are promised by the makers to be ready shortly. Their design and quality will, I am sure, afford the utmost pleasure and satisfaction to fortunate recipients. They are of a size which will make them suitable for attaching to a watch chain.*—THE EDITOR.]

How to Form a Physical Culture Club.

Howley Park Cottages,
Scotchman Lane, Morley.

DEAR SIR,—About two years ago I went to a gymnasium concert with my father. I had always been a delicate boy, and I was struck by the splendid figures of the performers. And there and then I made a resolve to try and become as strong as they were. I told my father about this, but he smiled and used to call me "Our 'Ercules," but I did not mind that at all.

The town where I lived there was no gymnasium, so I talked with a few of my school mates, and the result was that we formed a Gymnastic Club of our own.

The vicar of the parish entered into the spirit of the idea, and lent us the schoolroom to exercise in. By going round the parish asking for subscriptions we were able to buy a very fair set of apparatus, including three of your Developers, and twelve pair of your Spring Dumb-bells. The vicar recommended us to buy them.

Not being able to pay an instructor, we had to begin taking one or two monthly papers about health and strength, and the gymnasium. We appointed a captain of the club, and met three nights a week to practice; the vicar sometimes used to come and help us.

In a short time the older young men began to come, and in January, 1905, we gave our first concert, which proved a great success. With the money we obtained we were able to pay an instructor. He brought with him your book, "Strength, and How to Obtain It," and we used to have dumb-bell exercises out of it for fifteen minutes every night.

My muscles began to show, and my chest developed splendidly. My special attractions were Indian clubs, and on January 2nd, 1906, we had a contest with a club from Batley, in which we defeated them by 30 points.

I myself secured two medals, one for club-swinging and the other for development.

Photo Prize Competition (under 18).

Reading down from left to right—3rd, Bey. Maurice Gough; 1st, Richard Cartner; 2nd, Leon Hagopian. *(See Competitors' measurements on page 251, and Coupon on page 253.)*

On the wall of the gymnasium we have pictures of strong men, and whenever I felt downhearted I used to look at them and have another go at the developer.

I am very sorry I cannot send a photo of myself, because I have not got any, but I will send one as soon as possible.

I will conclude with a few of my measurements. Wishing you every possible success, I remain, yours gratefully, WILLIAM HENRY WOOD.

Age, 16 years next month.		Chest (con.) ...	32 inches
Weight	10 st. 4 lbs.	Chest (exp.) ...	40 "
Height ...	5 ft. 4½ inches	Waist	29 "
Neck	14½ "	Thigh	20 "
Biceps	14 "	Calf	15½ "
Forearm	12 "	Wrist	8 "

P.S.—The club has a membership of 36, and is the finest club for miles around, having won a silver cup in the last contest.

October Photo Prize Competition.

A BIG entry this month in both classes.

November results will be announced in an early issue.

Following are results:—

Over 18 years of age.

1ST PRIZE WINNER.

JAMES SHEPHARD,
Pontypool Park,
Pontypool, Mon.

MEASUREMENTS.

Age	23 Years	Forearm (L) ...	11¾ inches
Weight	11 st. 12 lbs.	Hips	33 "
Height ...	5 ft. 10 inches	Thigh (R)	21½ "
Chest (con)	35 "	Calf (R)	14½ "
Chest (exp)	41½ "	Thigh (L)	20½ "
Waist	31½ "	Calf (L)	14½ "
Upper arm (R)	14 "	Ankle	9 "
Forearm (R) ...	12 "	Neck	14½ "
Upper arm (L)	13½ "		

2ND PRIZE WINNER.

Watkin Terrace, Northampton.

DEAR SIR,—I beg to state that I have trained entirely under the "Sandow System"; also that this is the second time I have entered this competition. I have made some slight increase in my chest measurement since last time.

I hope that I may be successful, as in the previous competition you were kind enough to consider my photo. worthy of space in your valuable Magazine.—Yours faithfully,

CYRIL F. DADSWELL.

MEASUREMENTS.

Age ...	21 years 10 months	Forearm (L) ...	13½ inches
Weight	12 st.	Hips	38½ "
Height ...	5 ft. 8 inches	Thigh (R)	24 "
Chest (con)	38½ "	Calf (R)	16½ "
Chest (exp)	44½ "	Thigh (L)	24 "
Waist	29½ "	Calf (L)	16 "
Upper arm (R)	16 "	Ankle	9½ "
Forearm (R) ...	13½ "	Neck	17½ "
Upper arm (L)	15½ "		

3RD PRIZE WINNER.

DOUGLAS SHEPHERD,
143 Wethergate, Dundee, N.B.

MEASUREMENTS.

Age	23 Years	Forearm (L) ...	11 inches
Weight	10st.	Hips	38 "
Height ...	5 ft. 6 inches	Thigh (R)	21 "
Chest (con)	35 "	Calf (R)	14 "
Chest (exp)	40 "	Thigh (L)	21 "
Waist	29 "	Calf (L)	14 "
Upper arm (R)	14 "	Ankle	9½ "
Forearm (R) ...	11½ "	Neck	14½ "
Upper arm (L)	13½ "		

Under 18 years of age.

1ST PRIZE WINNER.

RICHARD CARTNER,
Howford Brickworks,
Hexham,
Northumberland.

MEASUREMENTS.

Age	17 yrs. 8 mts.	Forearm (L) ...	11 inches
Weight	9 st. 7 lbs	Hips	34 "
Height ...	5 ft. 6 inches	Thigh (R)	20½ "
Chest (con)	33½ "	Calf (R)	13 "
Chest (exp) ...	37½ "	Thigh (L)	19½ "
Waist	28 "	Calf (L)	13 "
Upper arm (R)	12½ "	Ankle	8½ "
Forearm (R) ...	11½ "	Neck	15 "
Upper arm (L)	12 "		

2ND PRIZE WINNER.

A Winner after 6 Months' Training.

Vis-à-vis Ananiadi-Han,
Bagtché-Capou,
Constantinople.

SIR,—I have pleasure in enclosing my measurements, etc., on completion of my six months' training under the system of Mr. Sandow.

I feel altogether different to what I did when I first started; my digestion is much sounder, and I feel stronger in every way.

I have carried out Mr. Sandow's instructions to the best of my ability, and my efforts have been rewarded with success. I shall always feel very grateful for what Mr. Sandow has done for me, and I shall at all times recommend his system to my friends, knowing that if they follow out your advice they are sure to improve their health and strength.—Sincerely yours,

LEON HAGOPIAN.

MEASUREMENTS.

Age	17½ Years	Forearm (L) ...	11 inches
Weight	65 kilos	Hips	34½ "
Height ...	5 ft. 9 inches	Thigh (R)	21 "
Chest (con) ...	37 "	Calf (R)	14½ "
Chest (exp) ...	41 "	Thigh (L)	21 "
Waist	28 "	Calf (L)	14½ "
Upper arm (R)	12½ "	Ankle	8½ "
Forearm (R) ...	11½ "	Neck	15 "
Upper arm (L)	12½ "		

3RD PRIZE WINNER.

Thanks for Uncommon Development.

Milner Villa, Irvine Street,
Port Elizabeth.

DEAR SIR,—Mr. Sandow's recent visit to our town induced me to take up Physical Culture, and I have to thank that gentleman for reducing my fat, and giving me an uncommon development for my age.—Yours, etc.,

REV. MAURICE GOUGH.

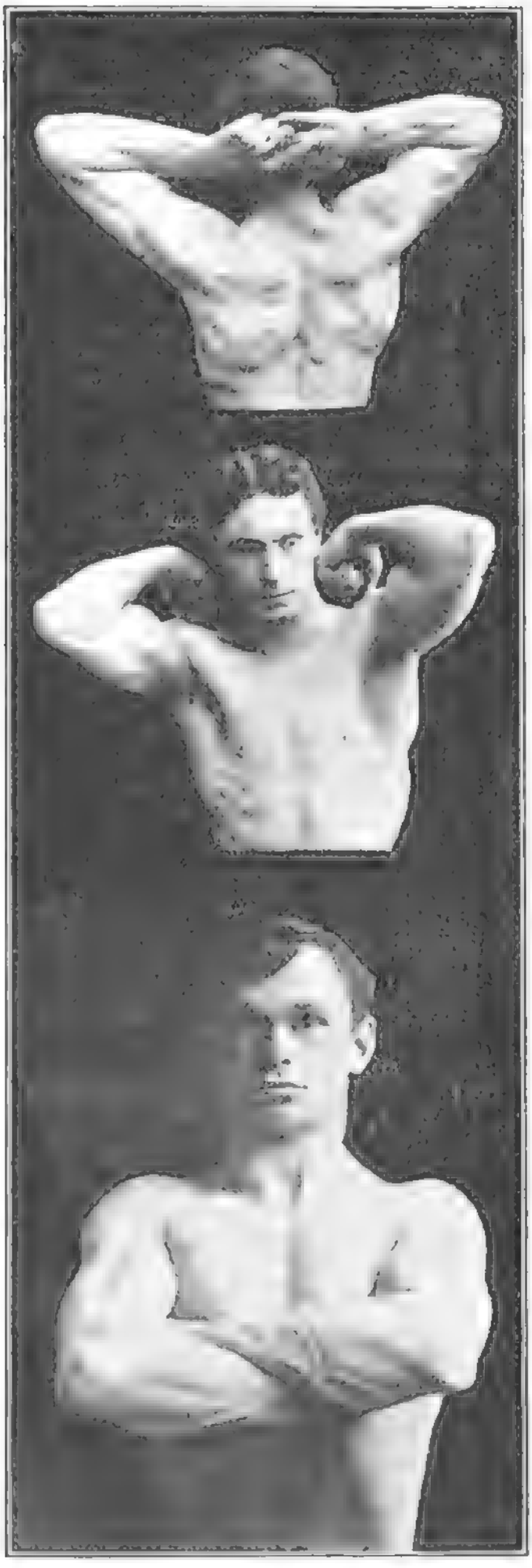
MEASUREMENTS.

Age ...	16 years 1 month	Forearm (L) ...	11½ inches
Weight	10½ st.	Hips	35 "
Height ...	5 ft. 7½ inches	Thigh (R)	20½ "
Chest (con) ...	36½ "	Calf (R)	14 "
Chest (exp) ...	41 "	Thigh (L)	20½ "
Waist	28½ "	Calf (L)	14 "
Upper arm (R)	13 "	Ankle	10 "
Forearm (R) ...	11½ "	Neck	14 11-12 in.
Upper arm (L)	12½ "		

This Man doesn't Give his Name—Hasn't he got one?

1st King's Dragoon Guards,
East Cavalry Barracks,
Aldershot.

DEAR SIR,—Having been a constant reader of your Magazine for the last eight or nine months,



Reading down—1st, James Shephard; 3rd, D. Shepherd; and, C. F. Dadswell. (*See* "measurements, etc., on page 251, *and Coupon on page 253.*)

and having practised your system during that period, I think it only my duty to let you see how I have benefitted by it.

Since starting your system I have been much better in health, and I always recommend it to my comrades.

I have a chum that I have just persuaded to try your system, and I hope in about two or three months he will send you a photo. showing his development.

My measurements are as follows:—

	May 3rd, 1905.		At present.	
Age	24 years.		25 years	
Weight	11st. 1 lb		11 st. 6 lb.	
Height	5 ft. 9½ inches		5 ft. 10½ inches	
Chest (nor)	35	"	36½	"
Chest (exp)	36½	"	39½	"
Bicep	11½	"	13	"
Forearm	10½	"	12½	"
Waist	29	"	28½	"
Thigh	18½	"	21½	"
Hips	32½	"	34½	"
Calf	11½	"	13½	"
Wrist	7½	"	7½	"
Neck	13	"	14½	"
Ankle	10½	"	10½	"
Knee	13½	"	14½	"

"No Name."

Where there's a Way.

London, S.E.

Dear Sir,—I started "taking up" physical culture twelve months ago. I purchased a pair of 2-lb. dumb-bells, and went through a few exercises every morning. This lasted for about four months, during which time there were no visible signs of improvement. I then bought a Developer, at which I worked constantly for another five months. It was then I noticed a change for the better, both in health and strength. Inspired by this, I bought a pair of Grip Dumb-bells, and now I am alternately working with these and the Developer.

I continue to improve, and nothing in this world could induce me to give up physical culture now. I attach as much importance (as everybody should do) to physical culture as I do to going to bed at night, and I can tell you that I consider this a very important item on the menu.

I think nobody has any excuse for not doing a certain amount of exercise daily—at least, not on the grounds of financial difficulties. If I remember rightly, I read a few months ago of a fellow who, not being able to buy a pair of dumb-bells, through financial difficulties, made a pair out of four iron nuts and two bolts. So, you see, where there's a will there's a way.

A few of my measurements, though not perhaps very grand, may not prove amiss:—

	January, 1905.		January, 1906.	
Age	17½ years		18½ years	
Chest	31½ inches		34½ inches	
Chest (exp)	33½	"	38	"
Biceps (R)	10½	"	12	"
Biceps (L)	10½	"	11½	"
Waist	29	"	27½	"
Calf (R)	13½	"	14	"
Calf (L)	13½	"	14	"

Yours faithfully,
J. W. L. Bolton.

"Out of a membership of 2,375 at Lord's, only 118 played cricket in one year. With 30,000 or 40,000 people on the athletic ground, only 20 or 30 played one afternoon. The rest looked on and betted. In London only one per cent. of men between 20 and 40 played athletic games."—Dr. Schofield *in* "*Nerves in Order.*"

SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal footing, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.
(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.
(3) A Gold Medal will be presented each month to the one who, in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.
(4) No photos can be returned.
(5) The right is reserved to publish any of the photos submitted for competition.
(6) **No winner in a previous competition is eligible.**
(7) The coupon on this page stands good until the last day of the month, and the awards will be announced in another issue.
(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

COUPON FOR FEBRUARY.

Name of Competitor .....

Address .....

MEASUREMENTS.

Age.....	Upper Arm L.....
Height.....	Fore Arm L.....
Weight.....	Hips.....
Chest Contracted.....	Thigh R.....
Chest Expanded.....	Calf R.....
Waist.....	Thigh L.....
Upper Arm R.....	Calf L.....
Fore Arm R.....	Ankle.....
	Neck.....

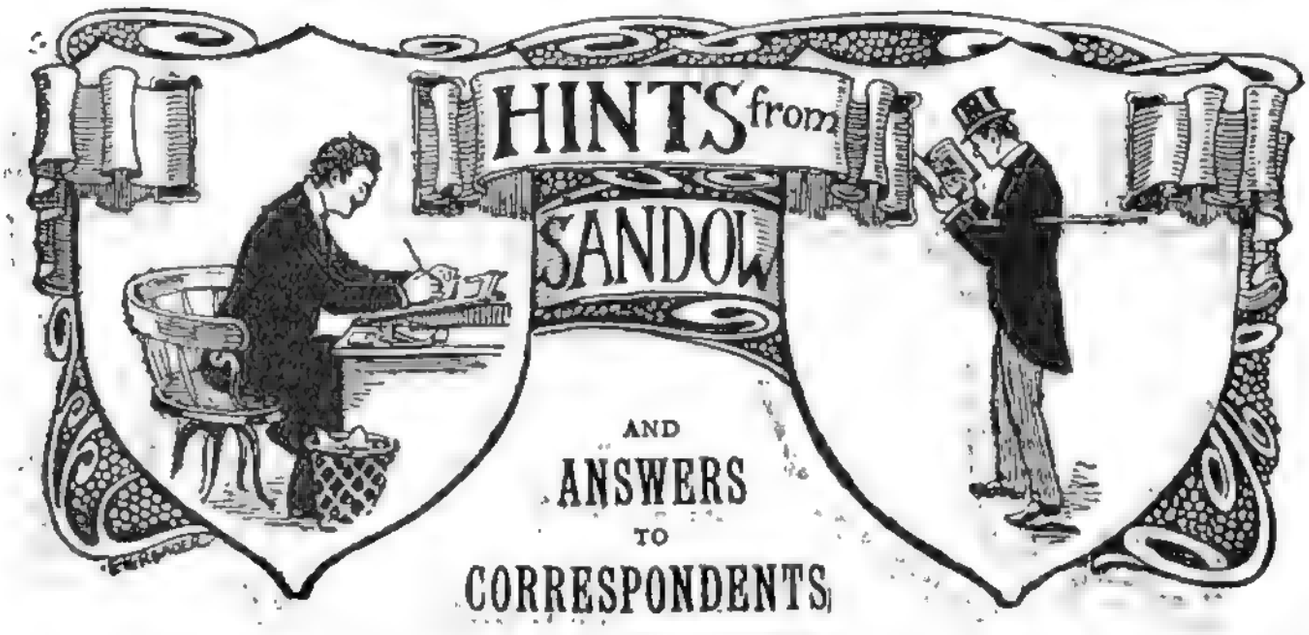
We hereby certify that the above measurements are correct. (SIGNED),

Name..... *Name*.....

.....

.....

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.



Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that pace is limited, and I CANNOT *prescribe courses here. All communications relating to instruction by post should be addressed to me at* BASING HOUSE, BASINGHALL STREET, E.C., *and these will receive prompt attention. Ordinary replies cannot be answered by post.*

Swimming not Sufficient.

W. B. (COATBRIDGE) wants to know if swimming develops the muscles of arm.

Answer: Yes, but it would not do to depend upon swimming as the only means to development, as very few are able to enjoy sufficient exercise of this kind.

Question of Heart Strength.

AJAX (NOTTINGHAM) writes: Sometimes, while I am using your Developer, I feel a pain at my heart; also, when I am taking deep breathing exercises. I write to ask if you could give me information concerning this. I am pretty strong, and sometimes do a bit of wrestling with young men heavier than myself, always proving top man. My measurements are as follows:—

Age	16 yrs. 4 mths.	Upper Arm, L....	12½ ins.
Height	5 ft. 6 ins.	Forearm, L. ...	10½ ,,
Weight	9 st. 4 lb.	Hips	35½ ,,
Chest (nor.)	34½ ins.	Thigh, R.	20½ ,,
Chest (exp.)	35½ ,,	Thigh, L.	20½ ,,
Waist	30½ ,,	Calf, R.	14 ,,
Upper Arm, R ..	12½ ,,	Calf, L.	11 ,,
Forearm, R.... ..	10½ ,,	Neck	13½ ,,

Are my measurements good for my age?

Answer: It may be that your heart is a trifle weak. You had better be examined by a medical man, and if your heart is weak you will need to avoid straining work, wrestling, etc., and seek to build up strength where now you may be weak, by means of light exercises and gentle breathing exercises. Your measurements are good.

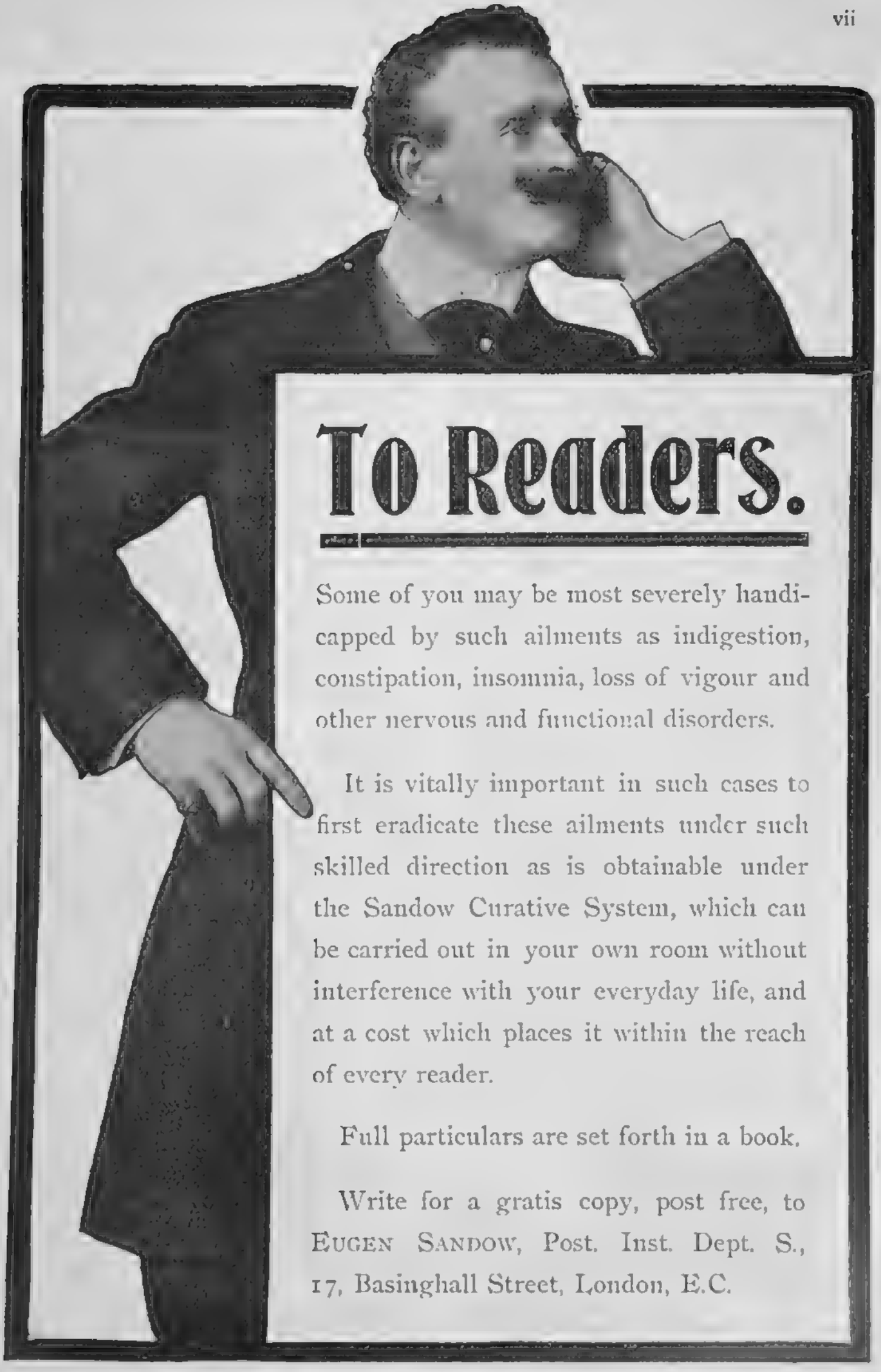
A Complaint and a Compliment.

E. C. (GUNNERSBURY, W.) writes (1) complaining of receiving his copies of the Magazine badly "trimmed" on several occasions. E. C. then goes on to say: "Should also like to say what your system has done for me, both in health and strength; it's wonderful. Have never felt better in my life; have induced several of my friends to take it up, and I hope to have a personal course later."

Answer: Printers will be more careful in the future—so they say. Glad to learn that you have benefited so much under my system and that you have been the means of inducing others to take up the all-important matter of their improvement.

Bowel Weakness.

BICYCLE (HANTS) writes: "For some time past I have suffered from bowel weakness, or difficulty of evacuating, but not true constipation. However, with care, I may say this is practically overcome, but with some forms of exercise it comes on, particularly in bicycling, as after riding anything over a few miles I suffer accordingly. It seems to me it is the saddle causing a pressure, especially at bottom of spine and rectum, influencing the lower bowel. After riding, there is a tendency to numbness, and the next day, generally, the muscular action of the bowel is diminished, and little or no proper evacuation. Using "Osoezy" pneumatic saddle made a slight difference for the better, but not sufficiently so. I was not aware that bicycling was considered



To Readers.

Some of you may be most severely handicapped by such ailments as indigestion, constipation, insomnia, loss of vigour and other nervous and functional disorders.

It is vitally important in such cases to first eradicate these ailments under such skilled direction as is obtainable under the Sandow Curative System, which can be carried out in your own room without interference with your everyday life, and at a cost which places it within the reach of every reader.

Full particulars are set forth in a book.

Write for a gratis copy, post free, to EUGEN SANDOW, Post. Inst. Dept. S., 17, Basinghall Street, London, E.C.

a form of exercise tending in the direction I have stated as regards myself, and should very much like to know if it can be surmounted."

Answer: Your trouble is caused by reflex nervous action producing temporary semi-paralysis of the nerves and muscles involved. It would be best for you to give up cycling for a month, say, during which time you could take general body exercises to correct the bowel weakness, which would seem to have had its origin in over-riding at some time. Always in unusual cases like yours I recommend taking a course of my individual Curative Treatment in preference to exercising on your own initiative. Write to 17 Basinghall Street, London, E.C., for a copy of my book about the Sandow Home Curative Treatment. It will be sent gratis and post free.

Wants to Know a Lot.

OWENS AND AINSWORTH (EVERTON, LIVERPOOL) ask: (1) How long is required for exercise after work to develop the muscles generally; first, for a clerk; second, for a joiner? (2) Is it needful to use both dumb-bells and exerciser together, or is one without the other sufficient; if so, which one? (3) Could you tell me whether the enclosed measurements are good after six months' training? (4) If cold baths cannot be taken at morning time, is it advisable to take them at night time? (5) Will you be again in Liverpool; if so, when? Again we beg to acknowledge the good this valuable magazine has already done for us, and we have already got at least twelve of our friends, who only wasted their time away at useless pastimes, to join us in Physical Culture, guided by your splendid magazine. This letter can go to any use you require.—Yours, very sincerely,

J. W. OWENS.
A. AINSWORTH.

Answer: (1) Impossible to say definitely without knowledge of your constitutions. Clerk should do more exercise than joiner, say, in proportion, of 30 to 20 minutes daily. (2) No, not necessary; but the two make the work more interesting, varied, and, therefore, more valuable in result. (3) No measurements enclosed. (4) Yes, if no ill-effects noticed. (5) Cannot say. Glad to learn you are helping others. You should be able to form an "Everton SANDOW'S MAGAZINE Readers' Club."

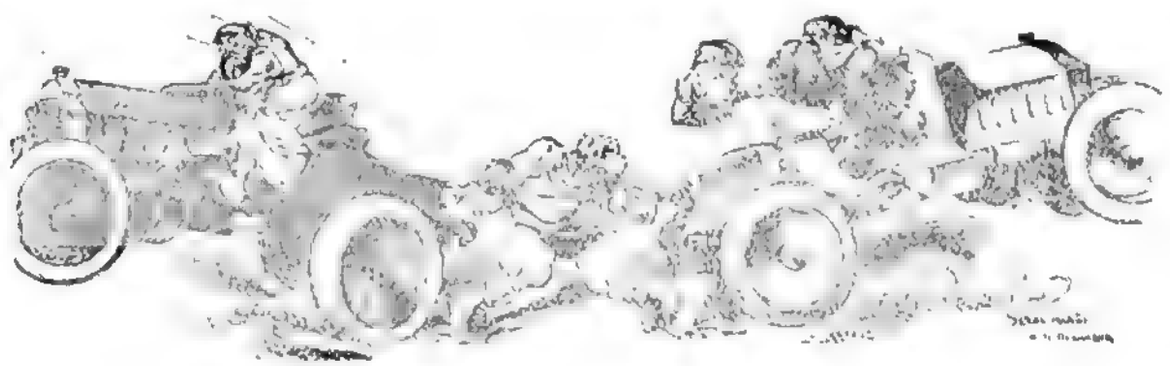
Sunshine and Nerves.

MOST of the towns in the south-west of the United States are situated 4,000 ft. above the sea level, and the rarefied atmosphere is generally held responsible for a remarkable nervousness among the female inhabitants. Nearly all the patients are blondes, and Dr. Watkins, of the United States Army, in an article on the subject, states that the small amount of pigment in their skin has much to do with the ailment.

The Indians and Mexicans of the south-west are of dark complexion, but their fair-skinned sisters find the almost perpetual sunshine very trying, and Dr. Watkins mentions one woman who sought relief by darkening her rooms and lighting a lamp.

JU-JITSU is to be taught at Girton and Newnham, and the accomplished young ladies whom those seats of learning send out every year are now to excel in muscular as well as mental ambidexterity. Ju-Jitsu is hardly less well understood by the women than by the men of Japan, and is taught in the schools to the girls and boys alike. If one might prophesy, it might be said that the science will become more popular among Englishwomen than among Englishmen. It never over-develops the muscles, and no amount of practice in the art will take away that graceful symmetry of form which is woman's greatest attraction.

PROFESSOR O. W. HOLMES says: "It is better to lose a pint of blood than to have the nerves tapped. No one can measure your nerve-force as it runs away."



II.—"NOW COMES THE MIGHTY TUG-OF-WAR."

Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131, Temple Chambers, E.C.

Practical Methods to Ensure Success

Is a little book containing extraordinary facts governing human life. The methods not alone quicken body, mind, and soul, but when adopted fully they make the turning point in one's life. If you are not the success that you wish to be; if there is something wrong and you do not know just what—perhaps a condition of mind or health that has caused years of anxious hope and disappointment—this book tells why, and how to remove difficulties. Price 1s. net, post free 1s. 2d.

Health Building; or, Health Without Fads.

Being a Working Outline of the Principles involved in Health Building; also a little cursory dissertation on some Current Fallacies. By JOSEPH RALPH. Price 1s. net, post free 1s. 2d.

Memory: How to Make and Keep It Good.

By A. T. STORY. Price 6d., post free 7d. It gives Rules and Directions for improving the Memory. No young man or woman ought to be without it.

My Lady Beautiful; or, the Perfection of Womanhood.

By ALICE M. LONG. Unlike any other book ever published. Should be in the Library of every woman, whether she be a society, business or saleswoman, teacher, physician, nurse, stenographer, housewife, maid, matron or grandmother. 206 pages, 26 beautiful illustrations from living subjects. Bound in fine cloth of two shades, pastel blue and cerise, stamped in white and gold, with exquisite portrait centre. A book which every woman should have. A charming gift from either lady or gentleman to a friend. Price 5s. 4d. post free.

The New Psychology; or, the Secret of Happiness.

Being practical instructions how to Develop and Employ Thought Power. By RICHARD HARTE ("D.C.K."). This is a wonderful book, called THE NEW PSYCHOLOGY; OR, THE SECRET OF HAPPINESS, by "D.C.K.," of New York. It is wonderful, because it compasses, in 127 pages, the whole field of New Thought in a comprehensive manner. If you are a beginner—if you like simple things, if you want to grasp the whole underlying idea of the New Thought movement at the very start, then get this book. It answers all the questions about the New Thought. It tells the what, the why, and the how. Price 5s. 6d. post free.

Physical Culture,

Founded on Del-Sartean principles, with Lessons on Exercising, Walking, Breathing, Resting, Sleeping, Dress, etc. Illustrated. By CARRICA LE FAVRE. 1s., post free 1s. 2d.; or cloth, 3s.

Physical Culture,

Scientific and Practical. By Prof. D. L. Down. 322 pages, with portrait of Author, and 80 illustrations. New and Revised Edition. Cloth, bevel edge, 6s.

How to Strengthen Memory.

Natural and Scientific Methods of Never Forgetting. By DR. M. L. HOLBROOK. It contains chapters on:—The Nature of Memory—The Best Foundation of a good Memory—Memory and Nutrition—Quality of Blood and Memory—Exaltation and Degeneration of Memory—Memory and Attention—Memory and Repetition—Memory Associations, Links and Chains—Method of Memory Culture for Schools—Self-Culture of Memory—Memory of Places and Locations—Culture of Musical Memory—Strengthening Memory of Faces and Names, Figures and Dates. Tricks of Memory—How to learn a New Language—Mastering Contents of a Book—Art of Forgetting and What to Forget—Abnormal Memories. Price 4s., post free.

What a Young Man Ought to Know.

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